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Food, Page 1C

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# Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

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VOLUME 20, NUMBER 1

WEDNESDAY, JANUARY 3, 1996

FIFTY CENTS

## Snowstorm extends vacation

Students in the Granite City area enjoyed an extended Christmas holiday vacation when the second snowstorm of the season prompted school officials to cancel classes Tuesday.

At press time Tuesday morning, while as much as six inches of snow was being reported south of St. Louis, only about an inch had fallen on the Tri-Cities area.

But large flakes were falling and the National Weather Service was predicting eight to 12 inches before the winter storm passed through.

Early Tuesday, temperatures hovered above 32 degrees, preventing local roads from freezing. Most residents seemed to be having little trouble getting to work driving through the slush that covered streets.

The fact that local grocery stores were closed Monday afternoon for the New Year's Day holiday made shopping a hectic activity Tuesday morning as residents flocked to stores to stock up on milk, bread and other necessities.

The school closing marked the first time in the 1995-96 school year that classes were canceled in Granite City. The school district was one of the few that held classes as scheduled during a 5-inch snowstorm in December.



**Snowmen** — Keith Israel, 8, Rachel and Adam Connor, 7 and 9, Rachel Harris, 8, all in back row; and Kevin and Leanne Faulkner, 3 and 6, Hannah Connor, 3 and Ryan Faulkner, 3, built a Santa Claus and a turtle out of snow in front of the Faulkner house in Granite City. They colored their sculptures with food coloring.

(Staff photo by JOHN FRESI)

## S. Illinois gets left off panel

### Gang commission appointed

Gov. Jim Edgar's Commission on Gangs in Illinois is short on representation from Southern Illinois, but local authorities have different opinions about how that will affect the commission's mission.

In announcing the commission's formation last week, Edgar said the spread of gangs outside major metropolitan areas requires a statewide combative strategy.

"The scourge of street gangs is no longer confined to the large cities of Illinois," Edgar said. "They have taken foothold in every area of Illinois, spreading their message of drugs, destruction, violence and lawlessness throughout the state."

However, Alton Police Chief Sylvester Jones is concerned the governor's plans might ignore many gang hot spots, including Alton.

"It looks like parts of the state are being left out," he said. Edgar appointed 34 commission members, including law enforcement officials, state and federal prosecutors, educators and representatives of business and labor organizations. East St. Louis Mayor Gordon Bush was the only appointee from an area south of Springfield.

"We certainly have as much a problem with (gangs) as anywhere else. It may not be as great as Chicago, but we are eager to help this community."

— Sylvester Jones  
Alton chief

"We certainly have as much a problem with (gangs) as anywhere else," Jones said. "It may not be as great as Chicago, but we are eager to help this community."

Jones was one of several law enforcement authorities who were unaware of the commission until Edgar's announcement. Alton and Madison County authorities deserve to have some input on the commission's plans, he said.

"I'm going to contact the Illinois Chiefs of Police Association to see how we can be a part of this," Jones said. (See GANGS, Page 3A)



(Staff photo by JOHN FRESI)

Celebrating their reunion are, clockwise from left, Frank Richter, Arnold Hassler, Jeanne Wojcik and Edna Requat.

## Family reunion

### 45 years after being separated, 4 find one another

By Scott Cousins  
Staff writer

As an officer in the Salvation Army, Arnold Hassler spent much of his time helping other people find their families.

Last week he finally found his own.

"It's the best thing that's ever happened to me," he said.

Hassler, of Riverside Calif., along with his sister, Jeanne Wojcik of Titusville, Fla., brother, Frank Richter of Rosamond, Ill., and mother, Edna Ray Requat of Warrington, Mo., met at the home of relatives Jim and Ariene Tadlock in Granite City, the first time they have been together since being separated 45 years ago.

At that time, Hassler, his brothers and sisters were taken from their mother and put up for adoption.

"In 1949 the family wasn't doing very well financially," he said. "Mom was gone for awhile and the state placed us

"We're all together today for the first time in many years. And I love them so much."

— Edna Requat  
Mother

in an orphanage."

The children were all adopted and had no contact until relatives in Decatur and Granite City were finally able to track them down earlier this year.

Requat, 78, said seeing her children again was good. "We're all together today for the first time in many years," she said. "And I love them so much."

Hassler spent most of his life in Chicago before moving to California several years ago. (See REUNION, Page 7A)



(Staff photo by RICK GRAEF)

Mark Lamping, left, president of the St. Louis Cardinals, with Ron Zimmerman, vice president and general manager of radio station KMOX-AM (1120), and Don Miller, president of the Suburban Journals newspapers. Zimmerman headed the successful 1995 Journal Old Newsboys Day fund drive; Lamping has agreed to chair this year's campaign.

## Mark Lamping to chair '96 Old Newsboys drive

By Jean Abernathy  
Staff writer

Mark Lamping, president of the St. Louis Cardinals, will take command of this year's Suburban Journals Old Newsboys Day fund drive.

Lamping has agreed to serve as chairman of the 1996 drive. He takes the reins from Rod Zimmerman, vice president and general manager of radio station KMOX-AM (1120), who chaired the successful 1995 drive.

"Rod Zimmerman's outstanding effort allowed us to fund grants for more than 220 local children's charities," said Don Miller, president of the Suburban Journals newspapers. "Without his effort, this would not have been possible."

More than \$182,000 was raised by thousands of volunteers who sold special edition Journal newspapers on Nov. 2 — Old Newsboys Day. Every penny paid for the newspapers was distributed to local children's charities.

Since Old Newsboys Day was begun by the St. Louis Globe-Democrat in 1957, more than \$5.7 million has been raised for needy children.

Lamping was one of the volunteers who took to the street corners to peddle newspapers for the 1995 drive. "We are delighted to have someone with the enthusiasm of (See NEWSBOYS, Page 4A)

## In the Journal

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**5 FULLER'S FORECAST**

John Fuller, Chief Meteorologist, KSDK News Channel 5

1995 IN REVIEW	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
PRECIPITATION	13.3	13.3	13.3	12.9	12.9	2.16	4.52	3.74	2.61	12.3	12.7	7.5
SNOW	3.5	1.6	0	0	0	0	0	0	0	0	0	0

These figures are accurate as of December 27, 1995

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To local children's agencies, the Suburban Journals' Old Newsboys Day fund-raising project means bikes, cribs and playground equipment.

The following is a list of the local agencies along with the amount allocated from the Old Newsboys Day fund:

The following is a list of the local agencies along with the amount allocated from the Old Newsboys Day fund:

Abingdon Rev Lutherian Preschool, \$500, children's furniture.  
 Alford Home Sec, \$2,000, baby needs.  
 American Lung Association, \$1,000, Missouri, \$1,000, camp tulumt.  
 American Youth Foundation, \$900, backpacks.  
 Association of Paul Pre-Schools, \$1,000, play equipment.  
 Association League of St. Louis, \$2,000, children's clothing.  
 Association for Mildred Davidson, \$1,000, playground equipment.  
 Athens & Albany Foundation, \$1,700, educational materials, asthma-medical goods.  
 Atlanta Home Sec, \$500, baby needs.  
 Belleville 1st Church of the Nazarene, \$400, toys, play equipment.  
 Bethany Christian Services.  
 Big Brother/Big Sisters of St. Louis, \$900, specialized programs and activities.  
 Blue Bird Day Center, \$1,000, baby needs, baby furniture, towels, sashes.  
 Bishop Hey School, \$900, books.  
 Blue Bird Day Center, \$1,000, baby needs, \$1,000, diapers, undershirts.  
 Boys & Girls Club of Alton, \$200, books and crafts.  
 Boys & Girls Town of Missouri, \$1,000, baby needs.  
 Boys Club of St. Louis Inc, \$500, craft supplies.  
 Central Catholic Social Ministry, \$1,000, baby furniture and baby formula.  
 Camp for Help Inc, \$400, toys and therapy items.  
 Camp Happy Day, \$2,000, campship supplies.  
 Camp Kew Tow, \$500, T-shirts, arts and crafts materials.  
 Camp Sisco, \$800, lake, hiking, canoeing, kayaking.  
 Camp Sunbloss in the Woods, \$900, craft-sports equipment, first aid kit, beds-mattresses.  
 Camp Sunbloss in the Woods, \$900, campship supplies.  
 Camp Wymen Inc, \$450, pool maintenance.  
 Caroland Children's Center, \$1,000, computer to test hearing in kids.  
 Caroland Community Neutering Federation, \$2,000, children's clothing.  
 Carroll Mission Society, \$1,000, baby needs.  
 Catholic Charities Housing Resources Center, \$2,000, cribs, blankets, supplies.  
 Catholic Community Services, \$1,000, baby needs.  
 Catholic Community Services St Charles County, \$2,000, children's shoes.  
 Central Day Care Center, \$500, baby needs.  
 Catholic Family Services, \$200, therapeutic toys.  
 Churches for Children, \$1,000, baby needs, baby clothes, arts and crafts materials.  
 Central Baptist Children's Home-Family Services, \$1,000, learner baby books, birthday gifts.  
 Central Baptist Children's Home-Family Services, \$1,000, baby needs.  
 Central Catholic St. Nicholas School, \$500, educational learning toys.  
 Central Institute for the Deaf, \$1,000, baby needs.  
 Cerebral Palsy of SW Illinois, \$489.50, holiday recreation.  
 Children's Advocacy Center, \$1,000, baby needs, baby clothes, baby supplies.  
 Children's Center for Behavioral Development, \$409.92, basketball equipment.  
 Children's Home Sec, \$1,000, baby needs, baby clothes, baby safety seats.  
 Children's Home Society of Missouri, \$2,000, baby needs.  
 Christian Family Services, \$1,000, baby needs, program materials, baby formula.  
 Christian Home Sec, \$1,500, baby needs, baby clothes, baby supplies.  
 Children's Home Society, \$1,000, indoor items.  
 Children's Mental Health Center, \$1,000, baby needs, baby clothes, baby supplies.  
 Children's Treatment Inc, \$1,000, indoor items.  
 Children's Treatment Inc, \$1,000, baby needs, baby clothes, baby supplies.  
 Cornerstone Center for Early Learning, \$1,000, baby needs, baby clothes, baby supplies.  
 County of St. Louis Child Development Center, \$300, playground equipment, educational materials.  
 Crisis Center for At-Risk Children of Monthly Retained, \$642, play equipment.  
 Cross of Christ, \$1,000, preschool, \$200, toys, baby clothes, baby supplies.  
 Crosses Against Crime, Child Assistance Program, \$500, sashes, books, picnic table, toys.  
 Dakota Camp Dan Beasen, \$750, saddles.  
 Dakota Camp Dan Beasen, \$750, saddles.  
 Dakota Camp Dan Beasen, \$750, saddles.  
 Delta Gamma Center, \$500, therapy lights.  
 Delta Gamma Center, \$500, therapy lights.  
 Developmental Services of Jefferson County, \$549, games, puzzles, laminator.  
 Developmental Services of Jefferson County, \$549, games, puzzles, laminator.  
 Developmental Services of Jefferson County, \$549, games, puzzles, laminator.  
 Down Town Children's Center, \$300, indoor climbing.  
 Down Town Children's Center, \$300, indoor climbing.  
 Early Education Center, \$500, bookshelves.  
 East St. Louis Saturday School, \$1,000, baby needs, baby clothes, baby supplies.  
 ECHO (Emergency Children's Homes), \$500, emergency pipe cleaner.  
 Edgewood Children's Center, \$1,000, baby needs, baby clothes, baby supplies.  
 Epiphany of Our Lord School, \$200, teaching books.  
 Episcopal Children's Homes.

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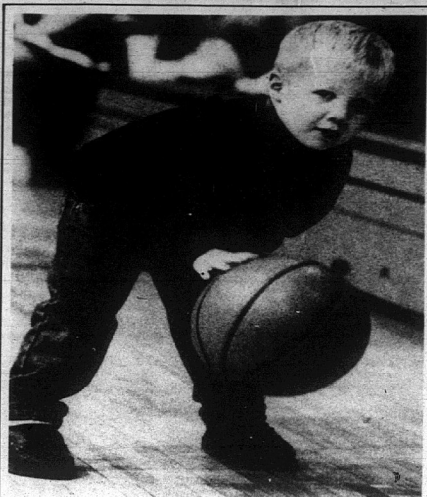


# Five colonels from Scott on list for promotions

Seven colonels assigned to elements of the Air Mobility Command and U.S. Transportation Command have been informed of their selection for promotion to brigadier general. Five of the seven are stationed at Scott Air Force Base. They were among a list of 52 nominated Dec. 21 by the president for appointment to the next higher grade. Five of them are assigned to AMC and USTRANSCOM Headquarters, both at Scott, while the other two are wing commanders. The selected officers are:

- John G. Becker, executive officer to the commander in chief, U.S. Transportation Command, and commander of AMC, Scott AFB.
- Clayton G. Bridges, AMC comptroller, Scott AFB.
- Fred P. Lewis, director, Joint Transportation Corporate Information Management Center, USTRANSCOM, Scott AFB.
- John F. Regni, AMC director of personnel, Scott AFB.
- John G. Jernigan, command surgeon for both USTRANSCOM and AMC, Scott AFB.
- Stephen R. Lorenz, commander of the 305th Air Mobility Wing, McGuire AFB, N.J., and
- Craig P. Rasmussen, commander of the 62nd Airlift Wing, McChord AFB, Wash.

Selected officers will be promoted following Senate confirmation and as vacancies occur.



(Staff photo by JOHN FRESE)

**Future star?** — Jacob DePew, 3, the son of Granite City High School boys' basketball coach Darren DePew, gets an early start on practicing his dribbling skills during a GCMS game. His father said he thinks he could be good if he learns to use his left hand as well as his right.

## •Gangs

(Continued from Page 1A)

"I think there should be at least one of the regional meetings held here."

But Madison County State's Attorney William Haine said he did not think it was necessary for commission members to live in Southern Illinois for the panel to have an adequate understanding of the area's gang problems.

He said his office and local police departments frequently share information with state departments and other committees about local gang situations.

Haine said he was confident those departments and committees, including the State Police and the U.S. Attorney's Office, would adequately represent Southern Illinois.

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# Luck of draw Lotteries determine March ballot placements

SPRINGFIELD — John Glynn of Carrollton, a Democratic candidate in the 20th Congressional District, and Edwardsville attorney Steve Stobbs, a Republican candidate in the 112th House District, were among the winners of top spots on the March ballot after a position lottery Wednesday.

Among those who lost their bids to be listed first on the ballot were Republican 20th Congressional District candidate John Shimkus of Collinsville and state Rep. Steve Davis, D-Bethalto, in the 112th House District.

Candidates for the March primary election who filed their nominating petitions with the State Board of Elections when it opened Dec. 11 were eligible for the lottery for first place on the ballot.

Most candidates consider the top spot an advantage.

"It's another positive sign for our campaign. We're first on the ballot and hope to be first in the election," said Stobbs, who gained the top spot over opponent Mario Garcia Jr., of Collinsville.

In the Democratic primary for the district, Collinsville firefighter Ronald McDonald won the lottery over Glen Carbon attorney Glenn Bradford.

In the 112th House District Democratic primary, Madison County Board member Charles "Tim" Knott of Mitchell won the lottery over Davis.

In the 20th Congressional Democratic primary, Glynn will be listed ahead of opponents state Rep. Jay Hoffman, D-Collinsville, and Springfield attorney Sam Cahanman. However, the State Board of Elections indicated that a challenge to the validity of Glynn's nominating petitions has been filed.

Springfield construction worker Bill Owens, who was the 1994 GOP nominee in the 20th Congressional District, won the lottery over Shimkus and Springfield college student Dave Green for top ballot spot in the seven-candidate GOP primary.

"I'm pleased with where we're at on the ballot. The first two names the voters will see are Owens and myself and I think that is really where the race is," said Shimkus, the Madison County treasurer, the GOP nominee in the district in 1992.

Another GOP contender, detective agency owner Rick Angel of Litchfield, had originally filed petitions at the opening but withdrew them five minutes before the closing deadline and submitted a new set so he would get last spot on the ballot.

— From the Alton Telegraph

"As I understand it, these commissions are not appointed by geography, and I don't know if they should be," Haine said.

"I'm not particularly concerned that I'm not on it or that someone else here is not on it. ... I wouldn't say no to the governor if he asked me to be on it, but I won't be knocking on his door volunteering."

Haine said the commission, regardless of representation, should explore solutions that would be successful regardless of where they are applied.

"There shouldn't be any difference in the uniform application of those proposals," he said.

Edgar has asked the commission to prepare initial recommendations, based on input from public hearings in Chicago, Springfield and Carbondale, within the next 90 days.

He said members of the commission represent a wide range of backgrounds that address the problems of gangs, including prosecutors, law enforcement officials, clergy and health professionals.

"We need to stop the street gangs and we need to end the allure they hold for many young people," Edgar said. "Too many of our youth see only the promises of rich lifestyles for lost lives."

Within 90 days, the commission is expected to prepare initial recommendations after public hearings are held in Chicago, Springfield and Carbondale. A final report is expected at the end of the summer.

— From the Alton Telegraph

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## •Newsboys

(Continued from Page 1A)

Mark Lamping to head the drive in 1996," Miller said.

For the 1995 drive, the allocations committee, which distributes the money, focused on funding basic needs needs, such as food and clothing. The BREM Catholic Social Ministry received a grant to purchase much-needed baby formula and diapers. Circle of Concern received a grant for shoes and food for needy children.

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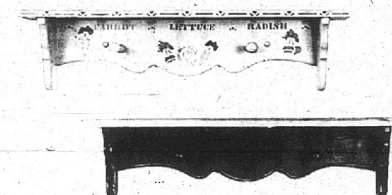
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**H**appy 1996! And welcome to the beginning of a long stretch of cold winter days. But Frank's craft experts have plenty of ways for you to keep busy, and we have one example here.

Just about every home can use shelves. It seems there are never quite enough. But why settle for ordinary ones? You can decorate them to match any room decor. Shown here are two examples, but the possibilities are virtually endless.

Here's what you need, along with the easy instructions.

### Materials

One Walnut Hollow shelf (We've shown the 24-inch No. 8862 shelf, but other sizes can be substituted if you wish)  
Sandpaper  
Scissors

### Painted Rustic Shelf:

Fruitwood stain  
Brush or foam applicator  
Hunter green acrylic paint  
Matte or satin varnish

### Stenciled Vegetable Shelf:

Acrylic paint (tan, black or white)  
Delta stencil - seed packets  
Stencil adhesive  
One 1/4-inch stencil brush  
Stencil paint cream:  
Red, Jungle green, Charcoal green and orange

### Painted Rustic Shelf

**Step 1**  
Sand and stain shelf fruitwood and let thoroughly dry.

**Step 2**  
Paint part of the shelf in Hunter green or any other desired color. Sand edges lightly for an antique look.

### Stenciled Vegetable Shelf

**Step 1**  
Sand and basecoat shelf tan or desired color. Cut stencil into small sections to make stenciling easier around pegs

and small areas. Spray back of stencil pieces with stencil adhesive. Stencil flower border along top of shelf using Jungle green, and shade with Charcoal green. Stencil flowers in red. Position names of vegetables along the back of shelf. Stenciling the names of the veggies in the appropriate color adds an additional touch of class. For example, stencil "carrots" in orange, "radish" in red, etc.

**Step 2**  
Spray stenciled words with Top Coat to prevent colors from smudging when laying vegetable stencil on top of words.

**Step 3**  
Position vegetable stencil under each name and stencil using color of each vegetable. Position carrot and radish by lettuce in the center if desired. Using white acrylic paint, stencil the tip of the radishes. Dip paintbrush handle in black paint to make decorative dots between the names if desired. Spray Top Coat over entire surface to protect shelf.

**Hint:** Have a pre-moistened towel handy. If you make an error during stenciling, wipe it immediately with the towel.

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Hosea House will purchase infant sleepers, blankets and car seats with Old Newsboys Day funds. And the Leukemia Society of America, Gateway Chapter will use a grant to buy medicine for children who can't afford it.

However, recreation and education were not forgotten by the allocations committee. The Zelda Epstein Day Care Center will purchase toys and play equipment with an Old Newsboys Day grant. South Side Day Nursery will receive science and math equipment with funds.

And the St. Louis Wheelchair Athletic Association will purchase sports wheelchairs with its 1995 Old Newsboys Day grant.

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## Teaching leadership program open

The Leadership Center of Greater St. Louis is accepting nominations for participation in the 1996-97 Community Leadership Program for Teachers.

The Community Leadership Program for Teachers develops educators who will in turn prepare their students to better understand the opportunities, needs, problems and resources of the greater St. Louis metropolitan area.

Further information regarding the nomination and application process may be obtained by calling Kirsten Sonke at The Leadership Center office, (314) 622-1250.

Educators participating in the program gain insight into their leadership abilities and ways to enhance their skills. In addition, through dialogue and interaction with leaders in our region, they gain an understanding of what the problems and resources are and what it takes to address them. The program is available to teachers, preschool through high school, from all schools.

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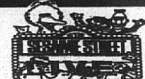
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## Obituaries

## Helen Moehring

Helen S. (Brzostowski) Moehring, 90, of Swansea died at 4:20 a.m. Tuesday, Dec. 26, 1995, at Castlehaven Nursing Center in Swansea. She was born Oct. 12, 1905, in East St. Louis.

A trimmer with Swift and Company for more than 30 years prior to her retirement, she was a member of the Polish National Alliance Lodge 3774.

Survivors include one son, Ted Mielecki of Wichita, Kan.; two sisters, Mattie Templeman of Belleville and Rose Kowalski of Granite City; two granddaughters; and five great-grandchildren.

She was preceded in death by her husband, Samuel Moehring; her parents, Casimir and Josephine (Ramotowski) Brzostowski; and three brothers, John, Henry and Ted Brzostowski.

Services were Friday at St. Albert the Great Church in Fairview Heights with the Rev. James T. Long officiating. Burial was in St. Adalbert's Cemetery in Fairview Heights.

Arrangements were handled by Kasaly Mortuary Ltd. in Fairview Heights.

Memorials to the church of the donor's choice are suggested.

## Elizabeth Mertz

Elizabeth Emma (Kozar) Mertz, 85, of Granite City died at 6:25 p.m. Thursday, Dec. 28, 1995, in the emergency room at St. Elizabeth Medical Center. She was born Nov. 14, 1910, in Granite City, where she had been a lifelong resident.

A homemaker, she was an associate member of St. John Lutheran Church in Maryville and a member of the Granite City Moose Lodge, American Association of Retired Persons and the Navy Mothers Club, where she



had formerly served as commander.

Survivors include one daughter, Joyleen Pascep of Granite City; two brothers, Steve Kozar of Edwardsville and Frank Kozar of Granite City; four grandchildren; and one great-granddaughter.

She was preceded in death by her husband, George C. Mertz, whom she married May 21, 1933, and who died in April 1975; one son, William G. Mertz; her parents, John and Elizabeth (Dudas) Kozar; one brother; and three sisters.

Services were Saturday at Irwin Chapel in Granite City with the Rev. Jeff Callahan officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

## E. Wahrenburg

Esther C. (Lueker) Wahrenburg, 88, of Granite City died at 6:35 p.m. Monday, Jan. 1, 1996, at St. Elizabeth Medical Center, where she had been a patient for two weeks. She was born Nov. 27, 1907, in Lincolnville, Kan., and had been a resident of Granite City for 54 years.

A nurse supervisor with Lutheran Hospital, she was a member of Hope Lutheran Church in Granite City.

Survivors include her husband, Henry Wahrenburg, whom she married Feb. 8, 1942, in Lincolnville; one daughter, Edna E. Prater of Pontiac, Ill.; two sisters, Frieda Brockmeier of Herrington, Kan., and Gertrude Gill of Glenhew, Pa.; and two grandchildren.

She was preceded in death by one son, Charles Wahrenburg; her parents, Martin and Martha (Webber) Lueker; two brothers; and one sister.

No visitation is scheduled. A memorial service will be held at 2 p.m. Sunday, Jan. 7, at Hope Lutheran Church, 3715 Wabash Ave. in Granite City, with the Rev. David Fielding officiating. Burial will be in Sunset Hill Memorial Estates in Glen Carbon.

Arrangements are being handled by Irwin Chapel in Granite City.

## Clay Rush

Clay Arthur Rush, 72, of

Marino, formerly of Granite City, died at 1:15 p.m. Saturday, Dec. 30, 1995, at Barnes Hospital in St. Louis, where he had been a patient for seven weeks. He was born Sept. 1, 1923, in Crockett, Ark.

An observer of the open hearth at Granite City Steel for 35 years prior to his retirement in 1980, he was a member of Central Christian Church in Granite City.

Survivors include his wife, Betty Louise (Drake) Rush, whom he married June 20, 1950, in Granite City; one son, Richard Rush of Lithonia, Ga.; one daughter, Susan Gerstenecker of Marino; one sister, Hazel Chappell of Jacksonville; and five grandchildren.

He was preceded in death by his parents, Clay D. and Edith (Young) Rush.

A memorial service was held Tuesday at Irwin Chapel in Granite City with the Rev. Carle Cullen officiating. Burial will be in Arkansas.

Memorials are requested for Central Christian Church.

## Frederick Bolliger

Frederick R. Bolliger, 87, of Carmi, formerly of Granite City, died at 4:05 p.m. Saturday, Dec. 30, 1995, at Wabash Christian Retirement Center, where he had lived for five weeks. He was born April 10, 1908, in Granite City, where he had been a resident for 83 years prior to moving to Carmi four years ago.

Owner of Bolliger Upholstery Shop for 65 years prior to his retirement in 1989, he was a member of Niedringhaus United Methodist Church in Granite City, Scottish Rite Lodge, Air and Shrine Temple, Tri-City Shrine Club and the Madison County Veterans Association.

Mr. Bolliger served as a member and past worshipful master of the Triple Masonic Lodge 835 in Granite City and member and past patron of the Granite City Chapter 850 Order of the Eastern Star.

Survivors include one daughter, Winifred A. Rector of Carmi; one brother, Walter U. Bolliger, of St. Louis; three sisters,

Hulda M. Davis of Granite City, Lydia Hoover of Fort Myers, Fla., and Frieda Houston of Rotunda, West, Fla.; three grandchildren; and five great-grandchildren.

Services are at 10 a.m. today, Wednesday, at Davis Funeral Home, 21st Street and Cleveland Boulevard in Granite City, with the Rev. Rose Hermonat officiating. Burial will be in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for Niedringhaus United Methodist Church.

## James Greer

James D. Greer, 62, of Collinsville died at 6:05 p.m. Friday, Dec. 29, 1995, in Collinsville. He was born Dec. 13, 1933, in Richland, Mo.

A purchasing manager with McDonnell Douglas in St. Louis, he attended St. Mary's Catholic Church in Madison.

Survivors include his wife, Shirley (Drugg) Greer, whom he married in February 1964; two sons, Jay Greer of Collinsville and Kerry Greer of Worden; his stepmother, Roale Greer, of Granite City; two sisters, Warda Page of Hamel and Loretta Harrie of Cahokia; and five grandchildren.

He was preceded in death by his parents, Albert D. and Velma (Waltrip) Greer.

Services were Saturday at Herr Funeral Home in Collinsville.

Memorials are requested for the American Cancer Society.

## Madison police dance Feb. 24

The Madison Police Benevolent and Protective Association Unit 110 will hold a dance from 8 p.m.-1 a.m. Feb. 24 at the Madison Armvets Post 205, 1711 Kennedy Dr., Madison.

The B-Street Band will be performing. Cost is \$3 per person.

The dance is the association's major fund-raising event of the year.

## Christmas bird count draws many to river

Bill Rowe was excited when he spotted a rare Ross's goose at a wildlife refuge near Brussels.

"It looked like a toy snow goose," Rowe said. "I spotted it in a flock of thousands of wild geese."

Rowe and other Audubon Society members flocked to the woods and river banks from Grafton to Hardin for the annual Christmas bird count.

The bird watchers were elated Dec. 18 when they sighted the Ross's goose. "It's rare to see the goose in Calhoun County," said Helen Wuestenfeld of the Great Rivers Audubon Society. "It lives in the tundra around the Arctic. It flew down to us."

The annual Christmas bird count started Dec. 16 along the Great River Road from Alton to Pere Marquette State Park and in country roads along the Illinois and Mississippi rivers.

"We'll have our final tally of the Christmas count in a week," said Wuestenfeld, a bird lover from Jerseyville. Rowe and his team of bird watchers stopped one December day to watch flocks of 15,000 wild geese land in the Mark Twain Wildlife Refuge near Brussels in Calhoun.

Memorials are requested for the American Cancer Society.

Rowe and his team of bird watchers stopped one December day to watch flocks of 15,000 wild geese land in the Mark Twain Wildlife Refuge near Brussels in Calhoun.

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Rowe and his team of bird watchers stopped one December day to watch flocks of 15,000 wild geese land in the Mark Twain Wildlife Refuge near Brussels in Calhoun.

County before the refuge was shut down by the federal budget standoff.

"The wild geese are a beautiful sight," said Rowe, who teaches classes on birds at the Missouri Botanical Garden in St. Louis.

Rowe and his group of bird watchers got another holiday treat when they spotted an estimated 30,000 mallard ducks in the refuge.

"We saw 72 different species of birds, including 16 different kinds of waterfowl," Rowe said. "It was our second best bird count in 12 years."

Rowe and the other bird watchers saw bald eagles soaring across the river. "We counted 100 eagles," he said.

Wuestenfeld and 32 other bird watchers strolled along the woods and river bluffs with binoculars and bird-spotting scopes. "We counted about 31 different species of winter birds around Rosedale in Jersey County," she said.

Wuestenfeld wore winter boots and carried a bag of sandwiches and a thermos bottle of hot coffee in the chilly bird-watching venture along the woods and valleys.

The red crown of a red-headed woodpecker flashed along the desolate fall countryside.

From the Alton Telegraph

## SIBA names new program director

The Board of Directors of the Southern Illinois Builders Association and its Southern Illinois Construction Advancement Program Trustees has recently named Tim Garvey to the newly created position of Director of SICAP Programs.

Garvey had been employed by SIBA as its Industry Affairs director from 1981 through 1991. Most recently, Garvey had served as executive director of the Greater Peoria Contractors and Suppliers Association from January, 1991 through October, 1995. During this period, he had served as management co-chairman of the Tri-County Construction Labor-Management Council (TRICON) and administrator of the Combined Central Illinois Construction Industry Fund.

SIBA recently has begun to commemorate 50 years of distinguished service to the construction industry in Southern Illinois.

SIBA, the voice of construction management within the region, is a chapter of the Associated General Contractors of America.

It is a trade association serving a membership of over 400 members consisting of contractors, suppliers and professional firms and related businesses. The primary purpose of SICAP is to work with contractors and building trade unions to promote and provide safety and accident prevention programs, education and information for the betterment of construction employees and the construction industry as a whole.

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classes for anyone interested in obtaining the Federal Communication Commission's no-code technician class amateur radio license.

Classes will be held on Saturdays in Room 2004 at Belleville Area College from 8:30 to 11 a.m. Jan. 13, 20, 27 and Feb. 3.

Study materials will be provided for each participant at a cost of \$15.

The written tests for an FCC license will be administered at the end of the course by P.R.I.M.E. Volunteer Examiner (VE) Team.

Anyone interested in attending the course should contact Bob McBride at 233-4909, Ken Carson at 692-3268 or Mike Gilkerson at 566-7887.

# • Reunion

(Continued from Page 1A)

On Oct. 16, he received a letter from a second cousin in Decatur telling him of the discovery of his relatives.

"After I started breathing again, I was overjoyed," he said. "It's a wonderful way to end the year," he said. "We've got cousins by the dozens."

Wojcik — who was told about her family by telephone on Dec. 16 — said she was also surprised and overjoyed.

"It was 8 p.m. and I was home alone," she said. "I almost passed out."

Ironically, Wojcik said she had been planning to begin searching for her family.

"My husband and I had just filed for my birth certificate," she said.

"I've been looking for my brothers all my life."

Richier — who's wife, Carol, said he had always known he was adopted but didn't know about his siblings — had also worked with one of his cousins for the past four years.

"He graduated with his cousin, and I've worked with them for four years, not knowing they were related," she said.

The family is still looking for their elder sister.

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## LOCAL NEWS

## Senior menus

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Wednesday, Jan. 3  
Salsbury steak, whipped potatoes, gravy, Italian vegetables, wheat bread, pudding.

Thursday, Jan. 4

Beef and noodles with mushroom sauce, tossed salad, Scandinavian vegetables, pineapple tidbits.

Friday, Jan. 5  
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## Agricultural Technology Fair set for Jan. 15

"Field of Dreams — Farming Now" will show participants the "tools" they will need to keep farming in the 1990s. This Agricultural Technology Fair will be held on Jan. 15 at the Freeburg High School from 9 a.m. to 3 p.m.

"Fields of Dreams — Farming Now" is a day-long program and trade show designed to guide farmers through the vast array of technology that is available in today's market.

Becky Doyle, Illinois director of agriculture, will deliver the keynote address. Topics to be covered during the day will include personal experiences from a farmer

who is doing precision farming now, and fertility testing and global positioning, animal residue management, biotechnology, soil mapping and geographical information systems, and on the go yield monitoring. This program is open to the public. The cost is \$10 per farm family.

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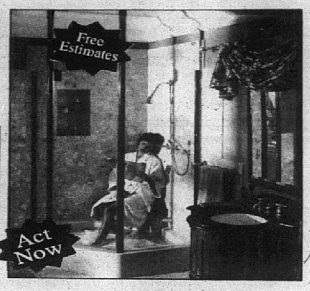
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## BASKETBALL

Final Warriors results from Collinsville Classic. Thursday

January 3, 1996—Page 1B

## GC grapplers win tourney with 215 points

By Rob Raphael  
Staff writer

With the ever increasing level of competition at the Granite City Holiday Wrestling Tournament, one has to wonder if any Warrior team will ever reach the high-water mark of 353.5 team points set by the 1994 squad.

Certainly, last year's Warrior team was special, and likely would have won the state championship if the team tournament had been held.

But still, this year's team sent 10 wrestlers to the finals, with nine of them wrestling for first, second or third place. Granite City finished with two champions — Jeff Estrada and Chris Janek. Five others — John Kelly, Kevin Feigenbutz, Jason Wilson, John Venne, and Ike Wenne, also placed second.

Bobby Chaulsett placed third for the Warriors, and Janek finished fourth. Myke Glover also received a medal, placing fifth at 125 pounds.

But even with all of those place-winners, the Warriors scored just 215 team points. Good enough for a solid win, but even a team as deep as Granite

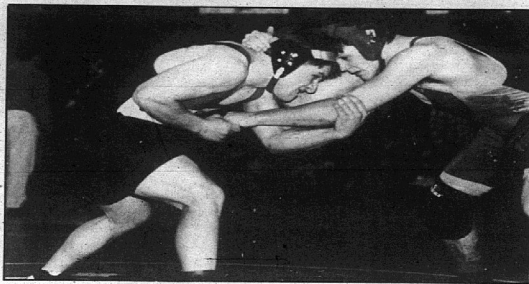
City struggled at times. Granite City coach Mike Garland said he and his staff tries to make the tournament more competitive each year. After the showings of Civic Memorial and O'Fallon, as well as all of the Missouri schools, he may want to hold the fort for a while. But then, it wouldn't be the Granite City tournament if it wasn't better each year.

"We've been coming here for 16 years, and this is the most competitive it's been, I think," said Oakville coach Rocky Streb. Streb's Tigers, who won the tournament title in 1992, are the only school to win the prestigious tournament besides Granite City in the last five years.

"There might not have been as many dominant wrestlers, but the differences between the second or third-place winners and the kids who didn't make the finals just wasn't that much."

— Rocky Streb  
Oakville coach

"I think it was a wonderful tournament," said O'Fallon coach Bill Matzker, who saw his team finish a best-ever fifth. "It's not really a fair test for some of our younger wrestlers, but for our better ones it's a chance to see just



Warrior Jason Wilson versus Civic Memorial's James Zimmerman. Wilson placed second in his class.

how far they've come.

"You could say it's the major test of the regular season. We won't see competition like this again until the regionals."

"WE LIKE TO USE IT as kind of a mid-season sectional," said Garland. "It always lets you know what things you need to work on."

Besides Oakville, who had one cham-

pion, two third-place and one fourth-place medalist, another Missouri school, McCluer North, re-established itself as a contender at Granite City.

The Stars, who won the holiday event in 1989 and 1990, had more champions — four — than any other team. Resting comfortably in seventh place after the first day of competition, the Stars turned it on Thursday.

(See TOURNEY, Page 2B)

## Wrestling Club has rousing success

By Rob Raphael  
Staff writer

Before the varsity wrestlers got down to business over the holidays in Granite City, first came the Granite City Wrestling Club and its annual holiday tourney.

And this year's tournament was a rousing success for Granite City, which collected more than 40 medals as a team — 22 in the 11-14 age group.

Granite City also placed a total of 26 wrestlers in the finals, with 13 of them bringing home championship medals.

A total of 39 teams were represented at the annual event, including several from Missouri. Granite City led in the medal count, kept only for the older age group, with 22. Murphysboro tied with the same amount, and Edwardsville and Hazelwood were next with 11 each.

(See CLUB, Page 2B)

## Warriors advance in consolation semis

By Rob Raphael  
Staff writer

Granite City turned a tied game into an easy win in a span of six minutes on Friday night as they advanced to the consolation semifinals with a 67-56 win over Jacksonville at the Collinsville Holiday Classic Tournament.

Granite City (2-5) was to face the winner of Friday's Lincoln-O'Fallon game Saturday morning. Results of the later games were not available before the early holiday deadline, but should appear in Thursday's Press Record.

The Warriors pulled off their longest run — by far — of the year late in the third and early in the fourth quarter. Granite City out-scored Jacksonville (5-6) 15-0 during the span.

Warrior coach John Van Buskirk said it was a solid team effort, but still thinks his team may have played better Thursday night against Springfield Southeast. The Warriors lost that game by four points, with their only glaring weakness coming from the free-throw line.

"We played awful hard (Thursday) night," he said. "We played a very good

team close, and if it hadn't been for the free throws we would probably have won that game."

"You never know coming off a game like that how your team's going to respond. But they came out tonight wanting to win, and the credit should go to them. Hopefully we've turned the corner on our free-throw problems."

After going 17 for 32 from the line Thursday, Granite City was 14 of 21 from the line Friday. Van Buskirk has been asking his team to take the ball to the basket all season, and the Warriors worked the ball inside all night, with excellent results.

Dustin Brewer finished with a career-high 20 points, and Ray Smith added 19, mostly on the

inside.

"They recognized the defenses Jacksonville was throwing at us, and they knew who the open man was."

— John Van Buskirk  
Granite City coach

The Crimson's scouting report apparently said to deny Jay Simpson the open shot. They did a good job of that, although Simpson still added nine points

Granite City 67, Jacksonville 56	16	14	11	14	65
JACKSONVILLE	16	14	11	14	65
GRANITE CITY	16	14	11	14	65
JACKSONVILLE: Jeffries 21, Tobin 12 (5 assists, 4 steals), Sil 9 (5 assists, 4 steals), Cuffe 5, Brooks 2, Hicks 2, Buchanan 2, Holmes 2.					
GRANITE CITY: Brewer 20 (7 rebounds), Smith 19 (10 rebounds, 8 assists), Ellis 10 (7 rebounds, 3 steals), Simpson 9, Logan 9 (6 assists).					

and three assists.

"But it's nice to know we've got other guys who can step up and carry that load," Van Buskirk said.

"It seemed like every time we'd change something or make an adjustment, they'd make the right corrections," said Jacksonville coach Mel Roustie. "I just think we didn't play smart defense, and we let them get into the lane for too often."

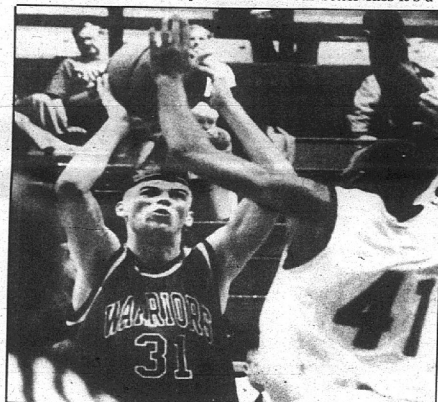
"Add to that the fact that we couldn't shoot worth a darn, and you get these kinds of results."

In fact, Granite City enjoyed its best shooting night of the year, making 26 of 39 from the field (66 percent); while Jacksonville shot just 37 percent on 22 of 59 shooting.

Bobby Ellis added 10 points and seven rebounds, and Steve Logan chipped in with nine points and six assists. Smith led the Warriors with 10 boards.

Jacksonville was led by Terrance Jeffries' 21 points. Jeffries hit a 3-footer with just over three minutes to go in the third period that knotted the score at 41.

But that would be the last points the Crimson would score until the 4:54 mark of the fourth.



(Staff photo by JOHN FRESE)

GC's Ray Smith shoots over Springfield's Courtland Walton (41).

## Madison magic runs out in quarterfinals

By Rob Raphael  
Staff writer

Little Madison, the only Class A school in the entire Collinsville Holiday Classic Tournament field, proved it could play with the larger schools during its two days of tourney play last week.

But after upsetting top-seeded Decatur MacArthur Thursday, the Madison magic ran out, and the Trojans lost to Quincy 66-48 Friday in the tourney quarterfinals.

"BEING IN THIS tournament is a great thing, playing against these larger schools," said Madison coach Al Collins. "But I think we proved we belonged."

Last Friday, however, an old nemesis came back to haunt the Trojans: The four-minute lapse.

Trailing just 53-48, the Trojans went into a funk and didn't score again during the last 3:53 of the game.

"We'd been staying away from that this year," Collins said. "That was a big problem of ours last year, going two or three minutes without a basket. But it reared its ugly head again."

In a fast-paced, rather sloppy affair, the Trojans played with the Blue Devils for most of the game. Madison trailed 29-23 at the half, but Quincy came out fired up in the third quarter.

John Bybee, one of three Blue Devils in double figures

Quincy 66, Madison 48	12	17	18	19	66
MADISON	12	17	18	19	66
QUINCY: Abbey 15 (6 steals), Ryben 14, Martin 12 (11 rebounds), Koff Douglas 8, Vondra 7 (5 steals), Davis 6, Kevin Douglas 2, Raguet 1.					
MADISON: Bradley 13, Baker 13 (10 rebounds, 8 assists), Jones 4, Franklin 4, Simms 4, Smith 2, Dotts 2, Patton 2, Howard 2.					

with 14 points, hit a pair of baskets sandwiched around a turnaround jumper by 6-7 center Juan Martinez, who scored 18 points. At that point, the score was 39-27, and Collins called a timeout.

A BIG FACTOR in the Trojans second-half difficulties was their foul trouble. Madison had four players with either three or four fouls in the second half, and Collins was forced to go to his bench — capable for sure, but not tall enough to give the Trojans the balanced luxury of an inside game.

Despite that, Madison used a 5-0 run late in the third to get back to within eleven at 47-36. The Trojans cut the lead to nine with a nice basket by Kevin Bradley, who scored 13 points, at the 5:30 mark. Maurice Baker also had 13 points to pace Madison.

TONY SMITH CONNECTED on a short jumper, before Demond Simms hit a bucket. That made the score 53-48 with the infamous 3:53 left to play. Quincy, who totaled 15

(See MADISON, Page 2B)



(Staff photo by JOHN FRESE)

Granite's Carl Moore makes a lay-up under pressure from Springfield's Courtland Walton.

## Freeburg Midgets win Holiday tournament

By Brian L. Jones  
Correspondent

Freeburg senior Lyle Kramper tallied career highs of 31 points and 19 rebounds Friday to lead the Midgets to a 79-68 victory over Lebanon for the championship of the Columbia Freeburg Holiday Tournament.

Senior Eric Schwehr of Lebanon (5-5) beat out Kramper in the coaches' voting for tournament Most Valuable Player, but there was another ironic sidenote to the Freeburg win. It joined Midgets coach Fred Blumberg with Columbia's Darrell Burd as the only coaches in the 31-year history of the tournament to win titles with two different teams.

"BLUMBERG WON HIS FIRST championship with New Athens in 1978. Burd won back-to-back titles with Piasa Southwestern in 1988 and 1989 and then led Columbia to the championship last year. Guess who forced Burd's record bid to become the first winner of consecutive titles with separate clubs?"

Freeburg (9-1) in the Thursday semifinal, ending the Eagles' eight-game winning streak to start the season. Columbia rebounded to win the third-place game Friday, 79-70 over Venice (4-6).

"Playing Columbia in their own gym, we knew we'd have our hands full," said Blumberg, reflecting back on the semifinal game. "But we felt like we matched up well with them because our inside game and our guys did the job defensively. It's the same thing with Lebanon. Really, on paper, we should win this game. We're favored and we have more depth, but sometimes getting it done is another matter."

WHILE FREEBURG HAS WON SIX consecutive games since losing to Roxana on Dec. 9, the Midgets can be mysterious at times with no one dominant scorer in the lineup. In their first three victories of the tournament, the alternating top scorers were Paul Otten and Nick Lange (13 points apiece vs. Gillespie), Jason Gleanzer (20 vs. Waterloo) and 6-6 center Adam Moddrell (26 vs. Columbia).

Kramper joined Lange, Moddrell and Gleanzer as selections to the 15-player all-tournament team. Gleanzer and Lange were Freeburg's top support men against Lebanon with 14 and 13 points, respectively.

Waterloo (4-7) went 2-2 in the tournament and finished sixth, while Gibault (7-3) also went 2-2, recovering nicely from a shocking 0-2 start.



## SPORTS

## •Club

(Continued from Page 1B)

"With so many good wrestlers, this was a nice way to finish the year," said Granite City coach Allen Kirgan. "Including the 10-and-under kids, we had 13 champions, and that's a good day. At the older level, I was hoping for six champions and we got seven. It's definitely a better result than we had last week."

Last week, in a local tournament at East Alton, Granite City did not have its full regiment of athletes and it showed. But there were no such excuses this time, as everyone was

on hand.

Caring first-place medals for Granite City at the tournament in the 13-14 age group were George Kirgan (151-161 pounds), Gary Oxford (92-100), Mark Venable (137-147) and Matt Ward (190-226).

Also in the 13-14 age group, Granite City had three wrestlers finish second. Bobby Grammer (162-171), Richie Carney (80-87) and Nick Garcia (heavyweight) each placed as runners-up.

In the 11-12 age group, Anthony Wise (156-163) took home first-place honors, as did Jake Trian (75-77) and Jake Janek (140-144). Steven Peach

(72-77), Tom Tedesco (75-77), Jonathan Hayes (140-144) and Jamie Mitcherson (82-88) all finished in second place.

In the 10-under category, Larry Meyers (87-92) and Zach McElroy (116-122) each placed first, while Joshua Wade (82-88) and Matt Weidel (116-122) each finished second.

In the 8-under group, four wrestlers placed first: Cory Nance, T.J. Nance, Troy Howell and Jeff Carney. And placing second in the 8-under group were Cameron McGovern, Alan Winters, Justin McElroy and Thad Lilley.

## •Madison

(Continued from Page 1B)

steals on the night, forced several Madison turnovers in the next two minutes to build its lead up again. Everett Abbey, who led the Devils with 15 points and six steals, was successful all night driving to the land and either scoring or dishing off.

He pulled up for a nice 8-footer to stop the Madison run, then the next time down the floor

he passed to Kori Douglas for two, giving Quincy its 11-point lead back at 59-48.

"We were a very concerned ballclub for three and a half quarters," said Quincy coach Loren Wallace. "This (Madison) was as scrappy, feisty and quick a club as we've seen this year. They just would not go away."

"They didn't play like a team that was intimidated in the least," Wallace said.

## •Tourney

(Continued from Page 1B)

O'Fallon, with Kevin Greenwood and Scott Vitek winning titles, had its finest holiday tournament ever. And Civic-Memorial stayed right on Granite City's heels throughout the meet, and has placed second two years in a row.

The Eagles were hurting a bit when they faced the Warriors in a dual meet last month, but they will surely be heard from come regional time.

The competitiveness of the finals is evident in the fact that out of the 26 matches in the final session, only two were decided by fall. Two matches went to overtime, and 13 others were decided by two points or less.

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**ABSOLUT**  
13.99 each  
Absolut Vodka  
750 ml.

**Canadian Club**  
9.49 each  
Canadian Club  
1.75 L.

**Walker's Deluxe**  
13.99 each  
Walker's Deluxe  
1.75 L.

**POP POPOV**  
9.99 each  
Popov Vodka  
1.75 L.

**WINDSOR**  
10.99 each  
Windsor Canadian  
1.75 L.

**T.G.I. Friday's**  
9.99 each  
T.G.I. Friday's  
Authentic Frozen  
Drinks, 1.75 L.

**Sutter Home**  
3.49 each  
Sutter Home  
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Sauvignon Blanc,  
750 ml.

**FRANZIA**  
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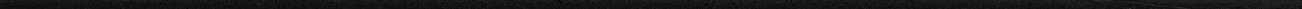
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But what really sets the Duralast apart is a unique construction design that gives it unbeatable protection against harmful vibration. Duralast Batteries are sold and warranted at over 1,200 AutoZone stores across America. And we back each one with a six-year pro-rated warranty, and a two-year free replacement period. So don't settle for anything less. The Duralast Battery. Power you can depend on.

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# ENTERTAINMENT

## Expect the expected in new 'Bride'

There's something mildly ironic about the ad campaign for "Father of the Bride Part II" that says to "expect the unexpected." Because if you've seen just the film's trailer, there's not much that will come as a surprise.

That doesn't mean this sequel to the original "Father of the Bride" is without charm. Despite its grinding predictability, there are some genuinely endearing moments, thanks primarily to the comic brilliance of Steve Martin.

In fact, if it weren't for Martin and his deft touch as a physical comedian, there would be little to recommend here. But with his trademark mobile face and nimble form, he imbues this film with a bit of magic.

**BASED ON THE 1951 FILM "Father's Little Dividend,"** starring Spencer Tracy in Martin's role, the plot's been updated with a twist aimed squarely at aging baby boomers.

Martin plays George Banks, a contented father who has just patted off and his daughter married. He's got a beautiful wife, Nina (Diane Keaton), a woman he seems to love more every day. His son Matty (Kieran Culkin) is stably entering adolescence, no small feat.

So now George is relishing the onset of his golden years, gleefully anticipating his hard-earned freedom and all that it entails: selling the house, buying a condo, traveling and buying a Harley.

Of course, that is not meant to be. First, daughter Annie (Kimberly Wil-

liams) announces that she's pregnant. George narrows his eyes at son-in-law Bryan (George Newbern), muttering, "first, that runt steals my daughter, then he makes a grandpa out of me."

But that's just the beginning of George's ordeal. Before you can say, "kitchen scene seduction while the kids are out," wife Nina has her own big news to break.

Pushing 50, Nina's pregnant with their third child, making for some of the best comic exchanges. Imagine the ridiculous possibilities of having a child younger than his niece or nephew.

In fact, this movie has such a warm, glowing Capra-esque feel about it that it never occurs to you that this dueling mother-daughter pregnancy could really pass for a campy talk-show topic: "Mother Stole Daughter's Thunder by Getting Pregnant!"

Martin Short reprises his role of Franck Eggelhoff, the malleable decorator-party planner. B.D. Wong is also along as his ever-squinting sidekick, Howard Weinstein.

**MIXED IN TO THE MADCAP** of the two pregnancies are two subplots that add little and potentially distract a lot. One concerns the sale of the family home to a foreign investor who carries around a wad of \$1,000 bills.

The other subplot comes about three-quarters of the way through and very nearly deflates the light, frothy feel of the film. As Nina and Annie enter the hospi-

If it weren't for Steve Martin and his deft touch as a physical comedian, there would be little to recommend here. But with his trademark mobile face and nimble form, he imbues this film with a bit of magic.

tal (they go in to labor simultaneously — of course), Nina experiences a hysterical problem that threatens the unborn child. There's a great deal of forced hand-wringing and suddenly this nicely paced effort with plenty of bounce begins to slow to dreadful dullness. There's never any question as to the outcome of the artificial crisis, it becomes something to simply endure before we can get the perfunctory warm-fuzzy ending.

Most of the original filmmakers from "Father of the Bride" returned to this sequel. Charles Shyer directed and co-wrote the screenplay along with Nancy Meyers, who also served as producer. The Touchstone Pictures release is distributed by Buena Vista Pictures and rated PG.

— Associated Press

## Movie schedules

Film timetable for Wednesday, Jan. 3. For times on other days or to confirm these times, check local theaters.

**ALTON CINE**  
2640 Clear St., 482-1151  
Grumpier Old Men (PG-13) 5:30, 7:30  
Sabrina (PG) 5:15, 7:40

**CARMIKE PETITE**  
1790 Hwy. 187, Collinsville, 344-1708  
Check theater for shows and times

**EASTGATE CINE**  
Beverly Hills, 482-2588  
Father of the Bride 2 (PG) 4:45, 7:15  
Dracula Dead & Loving It (PG-13) 5:30, 7:45

**THEATRE**  
2000 N. Main St., 482-1151  
Waiting to Exhale (R) 4:30, 7:15  
Sudden Death (R) 5:00, 7:30

**COTTONWOOD EDWARDS-VILLE CINE**  
Beverly Hills, 482-1151  
Tom & Huck (PG) 4:15, 6:45, 9:15  
Ventura 2 (PG-13) 4:30, 7:00, 9:30

**LINCOLN THEATRE**  
108 E. Main (Beverly Hills), 233-0123  
Casino (R) 5:55  
Money Train (R) 7:05, 9:15

**NAMEOKI CINE**  
39 N. Main St., 877-6630  
Ace Ventura 2 (PG-13) 7:15  
2000 American President (PG) 7:00

**QUAD CINE**  
Beverly Hills, 482-1151  
Jumanji (PG) 4:00, 6:45, 9:15  
Grumpier Old Men (PG-13) 4:15, 7:00, 9:30

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## Horoscope

**Wednesday, Jan. 3**  
While you slept, Jupiter entered Capricorn, and the fun of building things, securing the family's future and zeroing in on career goals will be on the front burner for the year ahead. Enjoy a zippy day of routine errands, quick phone calls and small talk on the fly. The year ahead favors seniors and the cases that support their interests.

**ARIES (March 21-April 19):** A casual chat yields important information. A sudden event may cause a separation in an intimate relationship. Extra errand-running duties take you into new fields of opportunity.

**TAURUS (April 20-May 20):** Good news about money arrives — try innovative methods to stretch your bucks. Watch for a chance to sell items of value that you no longer use. Congratulate yourself on choosing savvy partners.

**GEMINI (May 21-June 21):** An ex may be safely forgiven. The future is under discussion at your workplace — changes or cutbacks will benefit you, so now is the time to exercise that versatility you are famous for. Take the lead among co-workers.

**CANCER (June 22-July 22):** Check with your doctor before beginning a post-holiday diet — then, make a plan that works and stick to it. Sudden holiday romances can be over quite as quickly as they began. A co-worker's changes affect you.

**LEO (July 23-Aug. 22):** Stabilize your routine chores. Old chums and past alliances are your best bet for future success. A compromise with another strong ego gives you the advantage of power in developing projects.

**TODAY'S BIRTHDAY (Jan. 3):** Your income may depend upon changing conditions. Organizational backing bumps you to a new level. In March, your reputation adds to your charisma. Arrange a family reunion in April. A romance from long ago returns in May — by July, you may be promising to love forever. In August, a promotion puts your focus on your career. A special prophetic vision aids you in '96.

**VIRGO (Aug. 23-Sept. 22):** Catch up on tasks that have fallen by the wayside over holiday time — next week, your social schedule again becomes a priority, so now is the time to put duties first. Confusion results from letting friends help. Tonight, have an adventure with a new friend!

**SCORPIO (Oct. 23-Nov. 21):** Neighborly borrowing and lending can get sticky. Tackle projects around the home, including repairs. Your routine falls right into place before the end of the year. Compromises made now will be more than worth it!

**SAGITTARIUS (Nov. 22-Dec. 21):** Strengthen friendships and the special partnership that holds the key to your future. Get in touch with a financial adviser if the figures don't add up favorably. Compromises made now will be more than worth it!

**CAPRICORN (Dec. 22-Jan. 19):** Your routine goes smoothly. Get organized for that personal plunge into the pet project or home business that you've yearned to start. Your confidence is growing and will get stronger — solid facts are behind you.

**AQUARIUS (Jan. 20-Feb. 18):** A charmer is wrapping you around his or her finger. This is pleasant but slightly hazardous. You may sign important papers before the end of the week — check out all fine print carefully first.

**PISCES (Feb. 19-March 20):** Deliberate before deciding — then, stick to your guns. Be alert to new romantic prospect comes along up? Now is the moment to reach out. A mentor talents.

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## My view

## Vietnam Memorial reminds of a tragedy we can avoid

An experience that I wish every American could have at least once in his or her lifetime is to visit the Vietnam Memorial in Washington, D.C. All over the Capitol one can look up at monuments to military leaders, presidents and others once famous for deeds long passed and seldom remembered.

Instead of looking up, one must look down to see one of the most unforgettable views I ever have seen. It is not a monument, but a memorial. It is not a memorial for some famous general or president, it is a tribute to more than 58,000 men and women from all walks of life, the cream of our nation's youth, who lost their lives in Vietnam.

Located between the Washington Monument and Lincoln Memorial, the memorial cannot be seen from the street, just a few feet away. But when you approach the memorial you discover a stunning scene. Two highly polished walls of black marble, 250 feet long, start at one point and slant downward until they meet nearly 10 feet apart. Carved upon these black walls are the names of the 58,000 Americans who lost their lives in the longest war in our nation's history. Almost 3,000 of these names are



Don Miller

marked with a small cross indicating that their bodies were never recovered and rotted away in some Asian jungle. On a typical day, a seemingly endless procession of people walk slowly down the sidewalks adjacent to the walls, looking for the names of their loved ones. Often, small flowers are pushed into the small cracks in the marble close to a name. Some people just stop and stare at the wall, their thoughts their own. Others take pencil and paper and make rubbings of their loved one's name.

I found the memorial to be a gripping reminder of one of the greatest tragedies in our nation's history. It is also a grim reminder that the political mentality that allowed America's young people to be sent thousands of miles from home to become cannon fodder in another nation's civil war still exists in the White House today.

I believe that someone should take our president gently by the hand, along with any congressmen who agree with him, and take them to the Vietnam Memorial. Once there, our leaders should be required to read aloud the names of each American honored there before they are allowed to send any American to any foreign war.

In my lifetime I have seen the Korean "police action" where U.S. Marines took the worst casualties in the history of the corps when they were overrun by Chinese communists at the Chosen Reservoir; the Vietnam conflict, the Beirut Marine Barracks massacre, and the Somalia "peacekeeping action" where captured American soldiers were dragged through the street and killed. I have seen enough waste of American lives to last a lifetime.

I am not a pacifist or a pacifist. I served two tours in the military between 1955 and 1962. If our vital interests are attacked, we must respond. We must defend our country at all costs. But it is time for the American public to send a clear and concise message to Washington: No more foreign wars. We have had enough.

## Ruth Circle has meeting

The Christian Women's Fellowship at Ruth Circle in Dec. 18 at Central Christian Church, 2020 Johnson Road in Granite City.

Helen Stumpe, circle chairman, opened the meeting in prayer. She reminded the ladies of special events.

The Southeast Gateway Area Christian Women's Fellowship meeting at the Affton Christian Church in St. Louis Jan. 23.

Ruth Circle hosts the general Christian Women's Fellowship meeting at noon Thursday, Jan. 4. Bring a sack lunch. The topic will be "Health Care for All," led by Ruth Lelick.

On Jan. 29, the ladies will serve as hostesses for the Colonial Care Center's birthday party, led by Doris Edwards, chairperson. Entertainment refreshments and clowns will highlight the afternoon. The members will bring gifts to all the January birthday residents.

Betty Ebrecht, the circle's service chairman, supplied items to be assembled by all for the circle's shut-ins and college students. A craft tag was made by each lady to tie on each package.

The group worked on its health kits to be sent to the area Christian Women's Fellowship.

Edwards gave the lesson and worship program entitled "The Tree Grows On," based on the story of the Jesse Tree and the Greek monogram for Christ, "Chi-Rho," and family growth in the life of the church.

Stumpe shared names of cares and concerns for the prayer choir.

Ebrecht served refreshments to those in attendance: Helen Stumpe, Doris Edwards, Sharon Calaway, Pearl Kinney, Isabelle Ferguson, Betty Ebrecht, the Rev. Carrie Culken, Lynn Leggett and Gerry Lalumondier.

The next meeting will be held at 7 p.m. Jan. 18 at the church.

**Happy Holidays**

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**BIRTH**

**Zebedee Stambaugh**

Tubby and Tammy (Hartzel) Stambaugh of Granite City have announced the birth of their fourth child, a son.

Zebedee Stambaugh was born at 10:49 a.m. Nov. 22, 1995, at St. Elizabeth Medical Center and weighed pounds, 5 ounces.

Maternal grandmother is Dorothy Hartzel of Granite City. Paternal grandparents are Richard and Kazuko Schroeder of St. Louis and Corbin and Leslie Stambaugh of Arkansas.

Zebedee joins Sarah, 7; Hannah, 5; and Stephanie, 3.

## Letter to the editor

## Many things to be thankful for

TO THE EDITOR:

I am most thankful for knowing and loving God; having a wonderful mom and grandma; having a home, food and clothing; having aunts, cousins and uncles; being able

to go to school; having a great teacher who cares; being good health; living in the U.S.A.; and having freedom.

BRIAN ANDERSON

Mitchell

## 'Retiree' may not be eligible for Social Security benefits

By Bill Hunot

Joe is president of a family held corporation that provides in-home upholstery and carpet cleaning services. Joe started the company from scratch in the 1960s.

Joe always has made most of the management decisions for the operation, but hasn't done much physical labor since his sons reached adulthood in the late 1970s. His salary has been about \$60,000 a year.

Two months before he turns 62, Joe applies for Social Security retirement benefits. He tells the Social Security employee who takes the application he is continuing to perform his same duties, but will reduce his salary to \$8,280 per year — exactly the Social Security earnings limit for 1996.

Joe's wife, a few years younger and vice-president of the corporation, will coincidentally get a \$52,000 pay increase with no change in her duties.

Much to Joe's dissatisfaction, his local Social Security office determines that Joe is not retired — despite the reported decrease in his salary. The office determines that Joe will earn \$60,000 and will not receive Social Security benefits.

Joe's story is not unusual. Many business owners and corporate officers incorrectly think they can get benefits from Social Security even if they do not actually retire. They continue to do the same job, but reduce their reported earnings to an amount that would allow payment of Social Security benefits.

Instead of reporting earnings they take income from their business in other forms: payments to family members, increased dividends, rental income, interest, loan repayments, etc.

Social Security employees are required by

law to assure that the earnings reported by a corporate officer accurately reflect the services he or she performs for the business. In other words, the result of decreases in responsibilities, decreases in work activity or other business-related factors — not just a manipulation of the form of compensation.

In fact, if you are an officer of a corporation and continue to work in your business, Social Security may decide that you are receiving earnings — even if you are receiving no income from the business.

Social Security compares the responsibilities, hours of work, degree of management and other duties corporate officers have before retirement to duties after "retirement."

Corporate officers also need about changes in other types of compensation such as rents, dividends and payments to other family members.

Social Security may examine personal and corporate tax returns, corporate meeting minutes and other business documents, and contact customers and suppliers to verify information. And, if necessary, Social Security will determine the true value of the services performed for the corporation, and that amount will be used to determine whether the "retiree" can receive Social Security benefits.

The bottom line, if you have been operating a successful business, and you want to collect Social Security benefits before you turn age 70, you might have to significantly reduce your participation in your business.

Check with your local Social Security office or call 1-800-772-1213 for further details. Address questions for Bill Hunot to West County Publications, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

## Ask about retirement distributions

When you receive a distribution from your company sponsored retirement plan, you are faced with some very important decisions. The choices you make now concerning the tax treatment of your distribution can have a lasting impact on the ultimate size of your retirement portfolio. The following questions should be addressed before you receive a distribution from your retirement plan.

What types of distributions can be rolled over into an IRA?

A qualifying rollover distribution is eligible for placement into an IRA rollover. Qualifying plans include pension plans, profit sharing plans, 401(k) plans, tax-deferred savings plans, stock ownership plans, and Keogh plans.

What are the advantages of an IRA rollover?

The most attractive feature of a company-sponsored retirement plan is tax deferral. Tax deferral means that your contributions made to the plan

are not subject to current taxes, and earnings accumulate without being taxed each year. By rolling your distribution directly over to an IRA, you can retain the tax-deferred status.

How do I move my retirement plan distribution to an IRA?

There are two methods, the first is a direct rollover. In a direct rollover, your funds are transferred directly from the plan to your IRA. This is arranged in advance with your employer, who provides you with a distribution election form.

The second option is to take personal receipt of the distribution and handle the rollover yourself. If you elect this option, be prepared for 20 percent of the value of your total distribution to be withheld by your employer, which is required as federal income tax withholding. The remaining funds may be rolled into an IRA within 60 days of receiving the distributions.

What tax reporting responsibilities are associated

with my IRA rollover?

There are no additional tax forms to file when you roll over a qualifying distribution to an IRA, under current regulations. The trustee of your employer's plan will send a form 1099R to the IRS and to you. A 1099R indicates the amount of your distribution and this amount is entered on your income tax return. If you roll over your entire distribution into an IRA, it is excluded from total taxable income. If not, the part that you keep must be included in your taxable income for the year.

These are just four of many questions you should consider before receiving a distribution from your company-sponsored retirement plan. Speak to an investment expert to review your options and to discuss all concerns before receiving a distribution.

Tim Guthrie, a Fairview Heights resident, is a financial executive with a non-bank-based investment firm. He can be reached at 1-800-322-8069 or 314-854-4822.

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1991 EXPLORER 4 DR. - MOCHA/TAN  
1994 GED TRACKER 4 DR. - WHITE  
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1990 BRONCO II TUBULE BLUE  
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1991 ESCORT LX - RED

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1991 MUSTANG CONVERTIBLE - WHITE  
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1995 FORD STARS LX - GREEN OR RED  
1995 FORD STARS LX - GREEN OR RED  
1991 CHEV. ASTRO - RED WGL  
1991 CHEV. ASTRO - RED WGL  
1990 MUSTANG 2 DR. - RED  
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1993 F150 - XLT - BLUE

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1994 MERC. GRAND MARQUE - RED  
1990 MERC. GRAND MARQUE - OK. RED  
1994 LINCOLN MARK VII - WHITE  
1992 CROWN VICTORIA - SILVER  
1994 CADILLAC DEVILLE - RED  
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1987 TAURUS 4 DR. - LT. BLUE  
1995 TAURUS G.L. 4 DR. - DK. BLUE  
1990 MERCURY MYSTIQUE - RED  
1995 CONTOUR 4 DR. G.L. - TEAL  
1994 MERC. SABLE 4 DR. LS - GRN  
(1993) TEMPO 2 DR. - RED OR GREEN  
1993 TAURUS 4 DR. G.L. - WHITE  
1993 TAURUS 4 DR. G.L. - WHITE  
1992 TAURUS WAGON - GREEN  
1992 TEMPO 4 DR. - TAN  
1992 TEMPO 4 DR. - WHITE  
1990 TEMPO 4 DR. - WHITE

## VANS

(4) 1995 EXTENDED AEROSTARS  
1989 EXTENDED AEROSTAR - RED/OREY  
1989 F150 CROWN - RED/TAN  
1991 FORD VOYAGER - GREEN  
1991 CHEV. ASTRO - TAN  
1995 FORD STARS LX - GREEN OR RED  
1995 FORD STARS LX - GREEN OR RED  
1991 CHEV. ASTRO - RED WGL  
1991 CHEV. ASTRO - RED WGL  
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# Today's Food

Wednesday, January 3, 1996

## Food & Nutrition

### Wise Ways

Candy, gelatin and cereal provide whistles and bells for yogurt. Do they add wholesomeness?  
**INSIDE**

### Heart-y Bites

Being flat and plain is a compliment to a tortilla.  
**INSIDE**

### Blue Ribbon Cook

Clam sauce provides flavorful meatless versatility on a pasta winner.  
**INSIDE**

### Private Label Test Run

Buttery crackers provide a base for homemade snacks. Does the economical Shop 'n Save brand in reclosable packs stack up to national brands?  
**INSIDE**

### Micro Raves

Pick easy, delicious ways to lighten life.  
**INSIDE**

### Lively Taste

Sprinkle both sides of 2 boneless, skinless chicken breast halves with 1 clove garlic, minced, combined with 1/2 teaspoon basil, 1/4 teaspoon thyme and 1/4 teaspoon pepper. In shallow bowl, pour mixture of 1/4 cup wine vinegar and 1/4 cup orange juice over chicken. Refrigerate, covered, at least 2 hours. Discard liquid. Broil about 6 minutes on each side until fork can be inserted with ease. Serve hot meat drippings over cooked rice as a side dish.

## Health & Fitness

### Medicine Chest

New year's resolutions commit a body to healthful long-term habits.  
**INSIDE**

### Fresh Picks

Fresh -- but limp -- vegetables left from party trays do not have to be fed to the birds. Cook bite-size carrots and potatoes until quite soft. Put them through a ricer, or mash and then whip, with coarsely chopped garlic, 1 to 2 tablespoons margarine and a little hot milk to bring to mashed-potato consistency.

### Big Fat Tip

Looking for a low-fat way to renew leftover turkey and broth? Turn fat-free or reduced-fat cream of mushroom soup into gravy. Heat 1 can (15 ounces) soup. Combine 1/2 cup chicken broth, 2 tablespoons flour and 1/4 teaspoon salt-free herb seasoning or sage. Slowly whisk into soup. Cook over low heat, stirring constantly, until mixture is thickened.

### Future Shop

"Comfort" foods like meatloaf, mashed potatoes and gravy have become keys in marketing. But other foods just as reliably unlock eaters' moods. Chile peppers provide an exhilarating backdrop. A richer, smoother flavor gives a feeling of a special occasion, such as in a product like angel food cake in a sour cream flavor.

## Freshwater Fish



By Janice Denham  
Staff writer

Opie has put away his fishin' pole for the season and Aunt Bea sighs when she thinks of all the fun at last summer's fish fry, but — shades of August, not January! — there still is fresh fish to catch at the market.

Gary Puetz, executive chef of Alaska Seafood Marketing, says the most common question from a shopper is "Is it fresh?"

"Most customers don't know the real question," he says. "You can boil it down to 'Is it quality?'"

The variables in the quality of fish caught along the shores of Alaska, up to 200 miles from land where waves are so high a boat cannot see another boat right next to it and life insurance for fishermen is harder to get than for a policeman in Los Angeles, are numerous by the time it arrives at a market in the lower states.

"If you freeze it fast and thaw it slowly, you will end up with an incredibly delicious product," Puetz says. "All the care that is taken on the way is what puts the price of this delicious seafood at \$5, or even \$15, a pound."

"Fast" freezing means it is frozen to -35° within a couple minutes after it is caught. This ensures it being frozen intact without ice crystals forming.

A consumer must thaw it slowly to keep that quality.

Because almost three-fourths of seafood is eaten in restaurants, Puetz is fighting an upstream battle to help people feel comfortable cooking it in their own kitchens.

"You don't need a whole lot of magic. You don't need to wow anyone with culinary prowess. This is to show you how easy it is," he says.

Its health qualities make it a natural for the public.

"People are discovering some kinds of fat are good for you. One

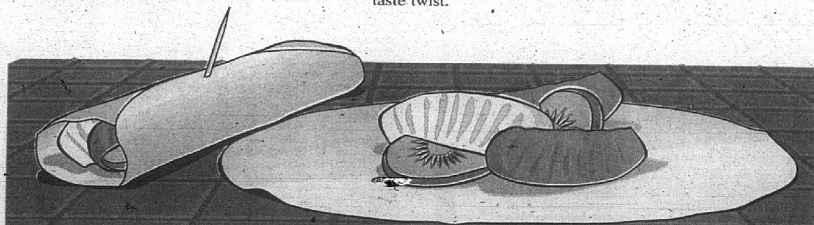
Gary Puetz, executive chef of Alaska Seafood Marketing, paints boneless salmon with seasoned mayonnaise before a quick saute in a nonslick frying pan. He shared seafood cooking tips at a seminar with Schnuck Markets seafood/deli managers during an Alaskan seafood blitz that brought fishermen to town. Among them was Lynn Staake of Petersburg, Alaska, who likes to stir-fry, grill or broil the salmon she catches, often punctuating its flavor with teriyaki sauce and fresh ginger.

SEE FRESH FISH,  
INSIDE TODAY'S FOOD PAGE 2

## Kids' Cuisine

## WRAP IT UP

Kids usually enjoy juicy fruit, but they may need encouragement to try new varieties. Add a little strawberry jam or jelly or a spoonful of apple butter to a medley of sliced or chopped fruit. Wrap it in a tortilla, hot dog bun or slice of bread or place it in a clear goblet and top with cookie or graham cracker crumbs for a new taste twist.

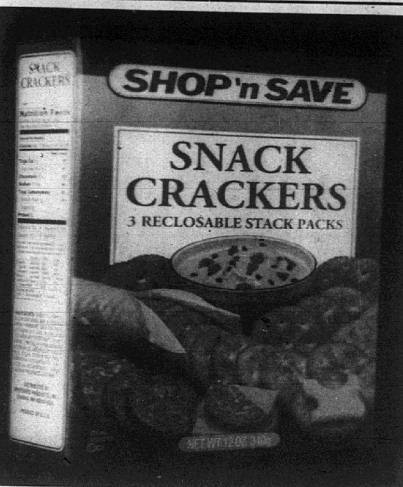


Rick Tucker Graphic



# Today's Food

## Private Label Test Run



A test of Shop 'n Save snack crackers resulted, in positive comments.

## Did snack cracker flavor sneak up on veteran tasters?

Journal tasters thought Shop 'n Save snack crackers stacked up — in three reclosable packs — well against national brands. Several tasters liked them better because they tasted less salty.

"These crackers are tender-flaky, not greasy or buttery, not too salty either. They are very tasty. They went well with some extra cheese I had on hand for lunch," one taster said.

Another liked them as well. When she found out she could buy two 12-ounce packages of Shop 'n Save crackers for the price of a national brand shelved next

to it, she said that made them "even better. I would buy them over (a national brand), I actually like them better because they aren't too salty. They are light and flaky."

One taster equated their lighter texture with the possibility they might not hold up as well with a heavy cheese, but others did not foresee a problem, "after trying them with a dip."

Shop 'n Save snack crackers have slightly less fat in each cracker than the national brand.

## Wise Ways

# Yogurt still going strong

For years yogurt stood alone in the dairy case as a healthful food available in single-serving containers. Ready to pop into lunch box or brown bag, it was an honest-to-goodness nutritious staple for the eat-on-the-run crowd.

Recently, little cups of pudding and gelatin have started competing for space in the dairy case and lunch bags. The yogurt industry has met this competition with new products of its own.

Flavors like Amaretto cheesecake and Boston cream pie appeal to more sophisticated palates. People with a sweet tooth are offered cartons of fruit-flavored yogurt capped with little containers of sweet-

ened cereal, candy bits or gelatin cubes ready to stir into the yogurt.

From a nutrition standpoint, new is not necessarily better.

Yogurt is an excellent source of calcium, an important bone-building nutrient many people otherwise have trouble fitting into their eating style. Eight ounces of a typical low-fat yogurt provides about one-third of a child's daily calcium requirement, along with 10 grams protein, 2 or 3 grams fat and about 150 calories.

Sweet cereals, candy or gelatin add few nutrients, but make a significant difference in calories when added to yogurt. For example, Yoplait Original straw-

berry low-fat yogurt has 180 calories and 25 percent of the daily value for calcium, while Yoplait strawberry crunch 'n' yogurt has 220 calories and only 20 percent daily value for calcium.

Like snack pudding and gelatin cups, many newer yogurt products come in six-packs of 4-ounce containers. Smaller package size means less yogurt per serving, thus fewer calories and nutrients — about 110 calories and a mere 10 percent of daily value for calcium.

Certified family and consumer scientist Linda Blumenberg is nutrition specialist with University Extension (University of Missouri system) in Montgomery County.

## EASY FRUIT DESSERT

- 1 medium banana, mashed (about ½ cup)
- 1 tbsp. frozen orange juice concentrate, thawed
- 1 cup fat-free vanilla yogurt
- 1/8 tsp. nutmeg
- 1 medium peach or ½ cup unsweetened canned or frozen peaches, chopped

Mix, together banana, orange juice concentrate, yogurt, cinnamon, nutmeg and peach. Refrigerate, covered, about 1 hour to let flavors blend.

## Blue Ribbon Cook

# Clam linguine wins as main, side dish

Lilas Davis, Belleville, Ill., is the winner of this week's recipe contest for Tour of Italy Favorite. She wins a prize of dinner certificates from the Pasta House Co.

This recipe is gathered to serve as a side or a main dish with rich or leaner sauce. She combined it from recipes in a book called "Pasta Sensations" by adding garlic and vegetables to a creamy white clam sauce. As a main course, she serves it with warm bread sticks or bread.

Recipes in this month's Chicken Breast Recipe Contest should be postmarked by Jan. 31 for consideration as winner each of the four weeks in February. Just send in a recipe that offers juicy chicken ready to give

a light touch to the new year.

One recipe per household can be sent to: Chicken Breast Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the Journal you receive.

## TOUR OF ITALY FAVORITE

- 8 oz. uncooked linguine (plain or spinach, more if desired as main dish)
- 2 cans (8½ oz. each) minced clams, drained, reserving liquid
- Half-and-half, light cream or milk

- ½ cup chopped onion
- 2 cloves garlic, minced
- 2 tbsp. margarine or butter

- ¼ cup flour
- ¼ tsp. leaf basil, crushed
- ¼ tsp. salt
- 1/8 tsp. pepper

- ¼ cup parsley flakes, crushed
- ¼ cup dry white wine or chicken broth
- ¼ two-spiced fresh romano cheese

- 1 medium yellow summer squash or zucchini, thinly sliced (for main dish)

- ½ cup chopped red bell pepper (for main dish)

Cook pasta according to package directions. Drain. Cover to keep warm.

Add enough half-and-half to clam liquid to make 1¾ cups.

If using as main dish; cook squash and red pepper in small amount of boiling water in small saucepan 2 minutes. Drain.

In medium saucepan, cook onion and garlic in margarine until onion is tender but not browned.

Stir in flour, basil, salt and pepper. Add half-and-half mixture all at once. Cook and stir until thickened and bubbly. Cook and stir 1 minute longer.

## Heart-y Bites

By TERRI EDELSTEIN

# New-year shopping list rolls up with tortillas

They are versatile and they are convenient, but — on the level — flat tortilla are not just for burritos any more. They are one of America's best-selling breads. The Tortilla Industry Association expects sales of three billion this year to double last year's numbers. That means they are more popular than bagels or pitas.

Tortillas come in varying colors and sizes. Corn varieties depend on the

grain — white, yellow or even blue. They contain minimal amounts of fat and boast toasty corn flavor. Flour tortillas come in white or whole wheat, large or small. Softer than corn tortillas, each varies from 0 to 3 grams fat.

Check nutrition labels and choose those without animal fats. Look for low-fat or fat-free varieties, which also are soft and tasty.

Hot items not only for

Mexican foods, tortillas can turn into an easy base for pizza, replace lasagna noodles or stand in for sandwich bread. Cut in wedges and crisped in an oven, they make healthy dippers for salsa or other low-fat dips. Most kids eat anything, even vegetables, if it is rolled in a tortilla.

Make a savory layer "cake" by spreading different fillings on tortillas and stacking one on top of another. Try mashed

beans, low-fat or fat-free cheese spread, chopped tomato and onion and chicken salad. "Frost" with low-fat or fat-free sour cream. Decorate with pimiento, green onion or black olives. Slice in wedges to serve.

These tuna-filled sandwiches are great as a snack or in a lunch box.

Registered dietitian Terri Edelstein is a member of the nutrition committee of the American Heart Association, St.

Louis Chapter.

## TORTILLAS

- 1 can (6 oz.) water-packed tuna, drained
- 1 tub (8 oz.) nonfat cream cheese
- ½ cup chopped green onion
- ½ cup finely chopped celery
- 1½ tsp. salt-free lemon-pepper seasoning
- 1 pkg. (10) large flour tortillas

Salsa, if desired

In medium bowl, combine tuna, cream cheese, onion, celery and lemon pepper. Mix well.

Spread mixture evenly over tortillas. Roll up tightly. Wrap individually in plastic wrap. Chill 3 hours or overnight.

To serve, unwrap and cut each roll in 8 slices. Serve with salsa.

Makes 80 slices; 117 calories, 9 g protein, 17 g carbohydrate, 2 g fat.

## Fresh Fish

Continued from page 1C. has a tendency to clog (arteries), another tends to blow things loose.

The fish fats — omega-3s — may not cure you, but you can really, really enjoy eating fish without feeling guilty, without listening to your arteries harden," Puetz says.

There are two things consumers do not want fish to have: odor and bones.

Unlike the smell of broccoli, which dissipates because it is water-born, a "fishy" aroma comes from minute droplets of oil in the steam.

Thus, he says, the surface of oil fish should be wiped away.

"However, I don't care what church it goes to, it will still smell like fish. To get 'hooked' on its aroma, saute a clove of garlic in a

few drops of olive oil in a nonstick pan before adding the fish," he advises.

His magic bullet is any brand of dry white wine, which neutralizes the oil.

Schnuck Markets deli/seafood managers literally ate up his suggestions for serving Alaskan salmon last fall.

He told them salmon from Alaskan waters is brighter in color and flavor than farm-raised varieties. His seafood tips include ways to stretch it to get more value for consumers' money.

• Save shells from shrimp and heat, like meat, in water to cook stock. He recommends combining the stock with white vermouth in a non-aluminum pan and simmering the mixture 15 minutes. Rice cooked in

this stock turns pink and holds the flavor of shrimp so less seafood can be served.

Those starting on their new year's diet will like the quick ease of salmon cooked for one in a microwave oven. Puetz runs hot water over a large lettuce leaf of any kind 20 to 30 seconds until it is wilted.

Run a fingertip of vermouth over a serving of salmon, then wrap or cover it skin-side down in the lettuce, tucking in sides. Microwave the packet 4 to 6 minutes on medium (50 percent) power.

• Citrus is a natural with seafood, because its acidity helps cut the fat. Lemon is usually chosen, but try lime for a change. It reduces a need for salt, has lots of juice and potassium and yields an exotic flavor.

• Poaching gives seafood flavor without added fat. Try using twice the amount of chicken broth to white vermouth, adding other flavors, like basil and other Italian seasonings, onion, lemon or lime.

• Bring the liquid to a "screaming boil," he says, then back it down to a simmer and never let it get hotter. Add the fish.

Simmer it 8 to 14 minutes, depending on its thickness, until it flakes.

• A light sauce for the fish can be made by adding a few spoonfuls vermouth to the pan in which fish has been cooked and deglazing remnants of the fish from the pan.

• Salmon's natural color is part of its appeal. When cooking on both sides, such as in a pan or on a grill, cook first with non-skin side

down, so it can be turned over to finish cooking and serve colorful-side up on the plate. Bake it skin-side down and do not turn.

• Flavored mayonnaise — Puetz warns against using "skinny" mayonnaise for this or the fat and juiciness of the fish will leech out — can be painted on the seafood and cooked in a hot nonstick skillet.

Flavorings to use include Cajun blackening spice, lemon-pepper seasoning, chopped fresh basil, dill or cilantro, ginger, gumbo fillet powder, parmesan cheese, lime zest with fresh parsley, cumin, chili powder, salt-free soy sauce, fresh garlic (granular will burn).

This painting technique can be used for baked, broiled or grilled seafood as well.

• Because of its tenderness, fish only needs to be marinated 20 to 30 minutes before cooking.

• To grill seafood, start with a clean grill. When fire is hot, rub the rack with a fresh potato split lengthwise. It helps keep the fish from sticking.

To avoid splitting tender filets, stick a two-tine kitchen fork in it horizontally and lift with a spatula.

• If fish will be fried, dip seafood in a mixture of equal amounts of egg white and white vermouth, then into bread.

Let fish sit 2 minutes to let this bond with the fish. Puetz says the albumin in the egg white will result in less fat absorption.



## Good Health

By MELANIE POLK

### Hearty pancakes send wake-up call with fruit

Winter is the season for hearty foods, including the delicious flavors and distinctive textures of whole-grain breads and baked goods. Go one step further and enjoy pancakes with the extra fiber and nutrients only whole grains can provide. They can be part of a brunch for guests or a delicious treat that wakes the family.

Whether whole grains are substituted for just a portion of the all-purpose flour in a pancake recipe or the recipe is full of whole-grain goodness, the door is open to many uses for pancakes. Do not limit them to breakfast. Whole-grain pancakes make filling snacks, side dishes, main courses and even desserts. Try pancakes made with cornmeal, whole wheat flour, barley,

oats or buckwheat flour. An adventuresome cook finds recipes for pancakes made with amaranth flour, triticale flour, rice bran and other interesting grains.

To add just a bit of whole-grain texture and flavor, try stirring in 1/2 cup cooked brown rice or wild rice, or uncooked quick-cooking oats, wheat germ or low-fat granola cereal to regular batter. Fruit stir-ins are always delicious additions. Try applesauce, berries, chopped fresh pear, apple, peach or banana, or chopped dried apricots, dates or raisins.

A few adjustments must be made when preparing whole-grain pancakes. The batter tends to be thicker, so it needs to be spread quickly in circles rather than just pouring it out.

Turn the pancakes when edges begin to dry and bubbles in the middle begin to break.

The best toppings for pancakes are those that do not add a lot of fat, so try a tempting apple butter and maple syrup mixture, fruit preserves, crushed berry sauce, blenderized fruit sauce, nonfat yogurt, or sautéed fresh fruit seasoned with a little brown sugar and nutmeg or cinnamon.

Whole Wheat Pancakes with Fruit and Yogurt make a delicious luncheon dish. Any seasonal fresh fruit can be used as a topping.

Registered dietitian Melanie Polk is director of nutrition education for the American Institute for Cancer Research.

## Micro Raves

By BARB GRAY

### Time to hit annual trail of lightening up meals

It's that time of year again when Americans say they are going on a diet. An excellent way to cut calories is to keep an eye on the fat content of foods.

A microwave oven simplifies low-fat cooking. Because foods do not stick in a microwave, fat needed to prevent sticking in conventional recipes can be reduced and often eliminated.

Food companies have done a great job developing low- and no-fat products in recent years. However, reading labels helps separate meaningful claims to low-fat fame from those that merely step up calories.

Here are helpful hints:

- Dairy products do not always follow all the rules. Skim milk is not necessarily fat-free, so a strict fat diet may need to take this into account. "Low-fat" designates 2 percent milk; as well as milk with less butterfat. However, 2 percent milk has more fat per cup than what the new labels designate as "low-fat."

Any beef cut that ends in the word "loin," such as

"tenderloin," is a leaner cut.

- Substitute applesauce for at least part of the oil in a pie, cake or brownies.
- Dark meat of poultry has 50 percent more fat than white meat.
- Use mashed potatoes instead of cream to thicken sauces, soup and gravy.

Breakfast should be the most important meal of the day because the body has gone a long period of time without food.

Certified family and consumer scientist Barb Gray specializes in microwave cooking.

2 tsp. snipped fresh parsley  
1/4 tsp. dry mustard  
1/4 tsp. pepper

Chop bread into fine crumbs, using food processor if desired. Thoroughly blend in margarine. Add enough water to form moist dough.

Press dough into pie plate to form crust. Microwave on high power 1 1/2 to 2 1/2 minutes until side appears dry.

In 1-quart microwave-safe casserole, microwave mushrooms on high power 5 to 7 minutes until tender, stirring once or twice. Drain thoroughly. Spread in shell.

Blend egg product, milk, onion, parsley, dry mustard and pepper in same casserole. On medium (50 percent) power, microwave 1 minute. Stir. Microwave 1 to 2 minutes longer, stirring every 30 seconds, until hot but not set. Pour over mushrooms. On medium-low power (30 percent), microwave 7 to 10 minutes until soft-set.

#### BREAKFAST QUICHE

4 slices low- or no-fat bread  
1 tbsp. low- or no-fat margarine  
2 to 3 tbsp. cold water  
12 oz. sliced fresh mushrooms  
Yolk-free egg product equal to 3 eggs  
1/2 cup evaporated skim milk  
1/4 cup chopped green onion

### Magical ingredients put stock in pantry shelf

All it takes is an ingredient or two to add pizzazz to everyday meals. Preferably that little marvel is something that is readily available, adds flavor pep to favorite dishes and is convenient to use.

Here are ideas to keep in mind when stocking up or shopping at the last minute and looking for an uncomplicated culinary inspiration:

- "Convenience" does not always come in a can or box. Think about fresh fruits and vegetables, packaged by nature or slightly enhanced.
- Fresh or canned fruit adds distinctive flavor to basic salads, side and main dishes. Apples, peaches, pineapple, pears or apricots give a light lift, at times tangy or tropical, sweet or savory. Try one with a favorite stir-fry or pork chops, grill it with simple marinated chicken breasts, or slice and stack it on teriyaki-flavored hamburgers.
- Precut stir-fry vegetables, with or without seasonings, cut down on preparation time. Count on plain, precut, washed salad

greens ready for a favorite dressing, or go for greens packaged as complete salads, including everything from dressing to croutons. Add quick-cooking rice or a baked potato and a little protein to make a complete meal.

- Peeled mini-carrots are sweet and delicious. Enjoy them raw, steamed on a stove top or cooked in a microwave oven. Add salt and pepper, butter or lemon to taste after cooking.
- Canned black beans can be drained and tossed in salads, or heated and served as a side dish with a squeeze of lime and dollop of sour cream.

- Take stock in salsa as a salad dressing with chopped iceberg lettuce, a meat filler or broiled meat topping.
- Canned chicken broth used in place of or in addition to water boosts the flavor of rice.
- Bottled chutney transforms chicken breast into a tastier entree, especially when served with fragrant basmati rice or quick-cooking couscous.

#### PINEAPPLE CURRY RICE

1/2 fresh pineapple, chopped, or 1 can (20 oz.) pineapple tidbits, well drained  
1 lb. boneless, skinless chicken breast halves, cut in cubes  
2 tbsp. oil  
1 can (14 1/2 oz.) chicken broth  
1 cup uncooked long grain rice  
1 1/2 tsp. curry powder  
1/2 cup finely chopped red bell pepper  
1/2 cup sliced green onion  
1 cup roasted cashews or peanuts

In large skillet, cook and stir chicken in hot oil until browned. Stir in broth, rice and curry. Bring to boil. Reduce heat. Cook, covered, 25 minutes or until rice is done.

Stir in pineapple, bell pepper and green onion. Cook 2 to 3 minutes until heated through. Stir in cashews.

### New Year's Resolutions To Add to Your List...

- INCREASE MY LEARNING POWER.
- SUSTAIN MY EARNING POWER.
- IMPROVE COMMUNICATION SKILLS.
- UNDERSTAND MY BOSS.
- TAKE CHARGE OF MY FUTURE.
- BECOME A PROBLEM-SOLVER.
- LEARN LEADERSHIP TECHNIQUES.
- COMPLETE MY BACHELOR'S DEGREE.



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Earn the Bachelor of Science Degree in Organizational Leadership in as little as 17 months by attending class just one night a week!

IT'S CONVENIENT, ACCELERATED, AND DESIGNED FOR THE WORKING ADULT WHO HAS ALREADY EARNED AT LEAST 60 SEMESTER CREDITS. CLASSES ARE FORMING NOW FOR JANUARY AND MARCH. IT ISN'T TOO LATE TO ENROLL!

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
HOME PHONE \_\_\_\_\_  
WORK PHONE \_\_\_\_\_

FOR COMPLETE INFORMATION ON THE B.S. IN ORGANIZATIONAL LEADERSHIP RETURN THIS COUPON TO: GREENVILLE COLLEGE GOAL PROGRAM, P.O. BOX 169, GREENVILLE, IL 62246 OR CALL 1 (800) 345-4440

GREENVILLE COLLEGE IS ACCREDITED BY THE NORTH CENTRAL ASSOCIATION OF COLLEGES AND SECONDARY SCHOOLS AND THE ILLINOIS OFFICE OF EDUCATION.

## HENRY BURNS FURNITURE

"Quality Home Furnishings" 876-8773  
3216 NAMEOKI • BELLEMORE VILLAGE SHOPPING CENTER • GRANITE CITY, ILLINOIS  
Granite City's Finest Furniture Store

## CIGARETTES FOR LESS

619 CERRE DOWNTOWN ST. LOUIS, MO. 436-1800

M-F 8:30 AM-6:30 PM; SAT. 9 AM-6 PM  
CLOSED SUNDAY

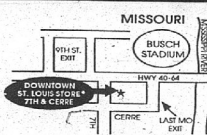
- SAVE \$2.00 CARTON IN TAXES
- 2 MINUTES ACROSS POPLAR ST. BRIDGE
- FREE ADJACENT PARKING

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, and May Complicate Pregnancy.

Basic \$9.49 CAMBRIDGE Carton

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WHILE SUPPLIES LAST! WE ACCEPT ALL MANUFACTURERS COUPONS.



COUPON FREE LIGHTER

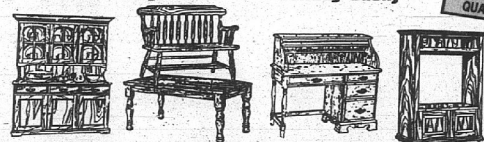
With Carton Purchase Limit 1 Per Customer Please Coupon Expires 1-15-96

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### Quality Furniture That Adds Value & Style To Your Home

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Fine Ready-To-Finish Solid Wood Furniture

ALL FIRST QUALITY - No Seconds or Factory Blends Complete Finishing Materials And Directions.

COUPON - GOOD AT THIS LOCATION ONLY

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A Division of Belleville Furniture Factory, Inc.

90 DAYS SAME AS CASH ON \$300 OR MORE SUBJECT TO APPROVED CREDIT

GUARANTEED LOWEST PRICES AND HIGHEST QUALITY



Serving the METRO AREA for over 18 years

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## Some things you thought you'd never forget.

With Alzheimer's, remembering every day things is a challenge.

At Eden Care Center, we understand. Eden Care Center provides a nurturing environment in a facility designed with soft colors, a low noise level and secured accessibility. The specialized care team helps Alzheimer's patients work toward achieving their maximum level of independence.

Our Alzheimer's Support Group provides education and support to help families understand and cope with the effects of the disease.

Eden Care Center offers a highly dedicated staff specially trained to care for residents who have Alzheimer's or related diseases. That's part of the reason we've received a 99.1% Illinois Quality Assurance Rating.



We offer comfortable private and semi-private accommodations in a pleasant residential neighborhood, 5 minutes north of Anderson Hospital with easy access to Hwy. 159 near I-270. And, because we're church affiliated, you know we care.

Call Shirley at Eden Care Center to arrange for a personal visit.

**Eden Village**  
400 S. Station Road, Glen Carbon  
288-5014

Eden Care Center is a division of Eden Village, a not-for-profit organization sponsored by Eden United Church of Christ. Eden Village also provides Apartments and Duplex homes for the Active and Independent Senior.

## "Weight" A Minute

Memorial's Project Trim can help you re-think your eating habits.

### Program:

"Project Trim" is an eight-week weight loss program developed by the St. Louis Dietetic Association. This program is based on behavior modification with a specific plan and goal for each participant. An exercise program also is available.

### Date and Time:

Class begins Thursday, January 11, 1996  
6:30 to 8 p.m.

### Cost:

\$50.00 class only  
\$80.00 with exercise component \*

\* The exercise program includes a TWO-MONTH MEMBERSHIP TO BELLEVILLE HEALTH AND SPORTS CENTER. An introductory class will be held.

### Place:

"Project Trim" is held in Memorial Hospital's auditorium.

The exercise program is held at Belleville Health and Sports Center, 1001 S. 74th Street, Belleville

### Information:

Class size is limited. To register, call Memorial's Community Relations Department at (618) 257-5649.



**MEMORIAL HOSPITAL**  
4500 Memorial Drive  
Belleville, Illinois 62223

## Get A Grip On Arthritis

It's not easy dealing with the arthritis, but there is one thing you can do. Call us.

Memorial's Arthritis Service can put you in touch with professionals that can help you get a grip on your pain. Memorial's Arthritis Service is an outpatient diagnostic clinic for anyone suffering from musculoskeletal or joint problems.

### Service includes:

Examination by an orthopedic surgeon and an internist and also may include examination or consultation with a physical therapist, orthopedic nurse, occupational therapist, dietitian and social worker. X-rays and lab tests may be ordered as well.

Donald I. Serot, M.D., Orthopedic Surgeon  
Co-Director, Arthritis Service  
Judith Weller, M.D., Internist  
Co-Director, Arthritis Service

### Date:

Thursday, January 11, 1996

### Information:

For an appointment, call Memorial's Physical Therapy Department at 257-5250.

Fees are charged according to services received. Examinations are by appointment only and physician referral is not required. For your convenience, a copy of your Arthritis Service evaluation report will be sent to your physician.

We're close. After all, when you are trying to get a grip on arthritis, you need something to hold on to.



**MEMORIAL HOSPITAL**  
4500 Memorial Drive  
Belleville, Illinois 62223

## HIT-N-RUN FOOD STORE

Ad Good Jan. 2 thru Jan. 8

STAY IN YOUR CAR  
LEAVE THE WALKING TO US!

WE ACCEPT FOOD STAMPS AND MANUFACTURERS COUPONS



**CIONKO'S INC.**  
QUALITY MEATS  
2901 MADISON AVE  
451-5200 OR 451-5204  
SAME LOCATION SINCE 1929  
WE ACCEPT VISA MASTERCARD FOOD STAMPS  
GOOD 1/3 thru 1/10/96

HOURS:  
M-F 8AM-7PM  
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<b>EXTRA LEAN GROUND BEEF</b> IN 5-PACKS 10# Pkgs. 89¢ <b>99¢ LB.</b>	<b>USDA CHOICE ROUND STEAK</b> BONELESS...\$1.89 <b>\$1.59 LB.</b>
<b>USDA CHOICE LONDON BROIL</b> <b>\$2.29 LB.</b>	<b>USDA CHOICE RUMP ROAST</b> <b>\$2.59 LB.</b>
<b>REAL GROUND CHUCK</b> IN 5-PACKS <b>\$1.89 LB.</b>	<b>USDA CHOICE PIKE PEAK ROAST</b> <b>\$1.98 LB.</b>
<b>STUFFED CHOPS</b> <b>\$3.69 LB.</b>	<b>STUFFED BREAST</b> <b>\$3.79 LB.</b>
<b>CHICKEN CORDON BLEU</b> <b>\$4.98 LB.</b>	

**41# FREEZER SPECIAL**  
**\$64.95** Average \$1.58 Per Pound  
5 lbs. QUARTER LOIN CHOPS  
4 lbs. SIRLOIN STEAK  
5 lbs. BEEF ROAST (Arm or Chuck)  
10 lbs GROUND BEEF (1-2 to pkgs)  
1 lbs. PORK STEAK  
5 lbs. BULK or 3 lbs LINK SAUSAGE (Plain, Garlic or Italian)  
2 lbs. BACON  
6 lbs. FRYERS (Cut up)

**SLICED SLAB BACON** ... \$1.19 LB  
**BULK SAUSAGE** ... \$1.19 LB  
**STUFFED PEPPERS** ... \$2.79 LB  
**MEAT LOAF** ... \$2.98 LB



# Shop 'n Save

**Happy New Year!**  
From All Your Friends  
at Shop 'n Save

## Make a Resolution to Save!

with Total Value!



FAC, FRENCH ROAST, OR LITE  
**Maxwell House  
Coffee**

**399**

24-26 OZ.  
CAN



**Pepsi, Diet Pepsi or  
Mountain Dew**

**88¢**

2-LTR.  
BOTTLE

LIMIT 6 PEPSI, OVER LIMIT 99¢



PRE-PRICED 69¢  
**Hi-Dri  
Paper Towels**

**2/\$1**

ROLL



PRE-PRICED \$1.59  
**Kas Krunchers  
Potato Chips**

**85¢**

8 OZ.  
BAG

ASSORTED VARIETIES  
**Huggies Diapers** or **Pull-ups**.....

**2/\$13**

9-44  
CT.

DOUBLE ROLL  
**Kleenex White  
Bath Tissue**.....

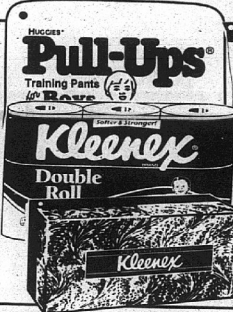
**2/\$6**

6-ROLL  
PACK

ASSORTED VARIETIES  
**Kleenex  
Facial Tissue**....

**3/299**

70-175  
CT. PKG.



**Doritos**

ASSORTED VARIETIES  
**Doritos  
Tortilla Chips**...

**3/\$5**

14-14.5  
OZ. PKG.

ASSORTED VARIETIES  
**Bugles  
Snacks**.....

**99¢**

6.75-OZ.  
BOX

ASSORTED VARIETIES  
**9-Lives  
Cat Food**.....

**4/\$1**

5.5-OZ.  
CAN



## Low Calories-Big Savings!

### STOCK UP & SAVE WITH LOW, LOW PRICES

READY TO DRINK  
**Slim-Fast**

**398**

6-PACK  
LIMIT 2 WHILE SUPPLIES LAST

SMART ONES BREAKFAST ITEMS OR  
**Weight Watchers  
Entrees or Desserts**

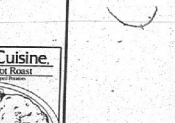
**4/\$5**

ASSORTED SIZES

ASSORTED VARIETIES  
**Lean Cuisine  
Entrees**

**3/495**

6-11.5 OZ. PKG.



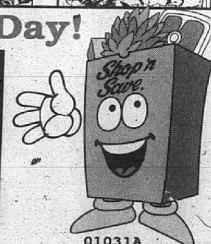
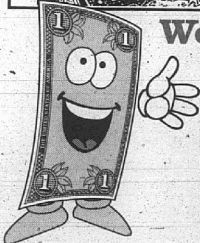
### We Discount All Pre-Priced Products Every Day!

ALL GREETING  
CARDS  
**DISCOUNTED**  
**20%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

ALL BOOKS  
& MAGAZINES  
**DISCOUNTED**  
**10%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

ALL BAG  
SNACKS  
**DISCOUNTED**  
**10%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

ALL ENTENMANN  
& HAAS ITEMS  
**DISCOUNTED**  
**10%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE



01031A





REGULAR OR LIGHT  
Busch Beer

**995**  
24-PACK  
12-OZ. CANS



FROM THE PLANK ROAD BREWERY  
Ice House  
or Red Dog Beer

**599**  
12-PACK  
12-OZ. CANS

Shop'n Save.

BEER, LIQUOR AND  
WINE

Red Tag Values!

GENUINE DRAFT OR Miller Lite Beer.....	<b>1197</b> 30-PACK 12-OZ. CANS
GENUINE DRAFT LIGHT, GENUINE DRAFT, LITE ICE OR Miller Lite Beer.....	<b>649</b> 12-PACK 1/2 LTR. BTL.
REGULAR, LIGHT ICE OR DRY Keystone Beer.....	<b>739</b> 24-PACK 12-OZ. CANS
Miller High Life Beer.....	<b>99¢</b> 32-OZ. CAN
Zima.....	<b>479</b> 6-PACK 1/2 LTR. BTL.
REGULAR, LIGHT OR ICE Milwaukee's Best Beer.....	<b>399</b> 12-PACK 12-OZ. CANS

ASSORTED VARIETIES Manischewitz Wine.....	<b>239</b> 750-ML BOTTLE
SELECTED VARIETIES Paul Masson Wine.....	<b>2/500</b> 1-LTR. CARAFE
OUR LOW SALE PRICE 2/\$5.50 ASSORTED VARIETIES Seagram's Coolers.....	<b>2/350</b> 4-PACK
Martell V.S. Cognac.....	<b>1599</b> 750-ML BOTTLE
Walker's Deluxe.....	<b>1299</b> 1.75-LTR. BOTTLE

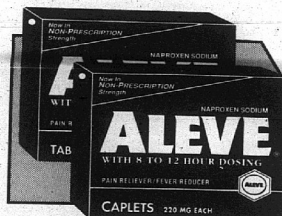
LIQUOR PRICES GOOD AT ILLINOIS STORES ONLY	
ASSORTED VARIETIES Kamora Liquor.....	<b>799</b> 750-ML BOTTLE
Canadian Hunter.....	<b>999</b> 1.75-LTR. BOTTLE
Gilbey's Vodka.....	<b>1039</b> 1.75-LTR. BOTTLE
Jim Beam.....	<b>699</b> 750-ML BOTTLE
Seagram's Gin.....	<b>999</b> 1.75-LTR. BOTTLE
EVERYDAY LOW PRICE Bag Ice.....	<b>69¢</b> 8-LB. BAG

Please Drink Responsibly  
Don't Drink & Drive!  
• NOT ALL ITEMS AVAILABLE AT ALL STORES



Crest Toothpaste

**199**  
6.4-OZ. PKG.



TABLETS OR CAPLETS  
Aleve

**249**  
24-COUNT

Ultra Flame  
Logs

OUR LOW SALE PRICE 6/\$7.98

**6/498**  
5-LB. PKG.

AFTER \$3.00 MAIL-IN REBATE  
AVAILABLE IN-STORE

Shop'n Save.

HEALTH & BEAUTY

Red Tag Values!

PRO-V CONDITIONER OR Pantene 2 in 1 Shampoo.....	<b>279</b> 13-OZ. BTL.	8-OZ. MAX. OR 12-OZ. REG. Pepto Bismol.....	<b>2/\$7</b> 8-12 OZ. BTL.
ASSORTED VARIETIES Pert Plus Shampoo.....	<b>289</b> 15-OZ. BTL.	REGULAR OR FRESH Noxzema Skin Cream.....	<b>189</b> 6-OZ. PKG.
REGULAR OR CHERRY Nyquil.....	<b>299</b> 6-OZ. PKG.	2.25 OZ. OLD SPICE, STICK OR HIGH ENDURANCE, OR 1.7-OZ. Sure or Secret Wide Solid.....	<b>139</b>

•FAMILY VIDEO CENTER•  
EVERYDAY RENTAL PRICES



EVERYDAY RENTAL PRICE All New Releases.....	<b>99¢</b> EACH
EVERYDAY RENTAL PRICE All Other Titles.....	<b>49¢</b> EACH
All Video Games.....	<b>99¢</b> EACH

AT STORES WITH VIDEO DEPARTMENT

01032C

•Photo Processing•  
Holiday Special

DOUBLE PRINTS  
ANY SIZE ROLL  
UP TO 24-EXPOSURE



**299**  
3 1/2 inch prints  
•original color print film  
•C 41 process





ORIGINAL, THIN CRUST OR LIGHT  
Tombstone Pizza

**2/598**

12-INCH  
19.4-24.3 OZ.  
PKG.



FRENCH ONION, EX. LIGHT FRENCH  
ONION, RANCH OR BACON  
Dean's Dip

**2/149**

8-OZ.  
PKG.

Shop 'n Save.

FROZEN FOOD AND  
DAIRY

**Red Tag Values!**

ASSORTED VARIETIES  
Lunch  
Express.....

**3/395**

9-10.25 OZ.  
PKG.

SELECTED VARIETIES  
Freshlike  
Vegetables.....

**99¢**

16-OZ.  
PKG.

ASSORTED VARIETIES  
Banquet  
Meals.....

**98¢**

9-11 OZ.  
PKG.



HOMESTYLE OR ORIGINAL  
PURE PREMIUM  
Tropicana  
Orange Juice.....

**379**

96-OZ.  
BTL.

EVERYDAY LOW PRICE  
1 1/2 Dozen  
Medium Eggs.....

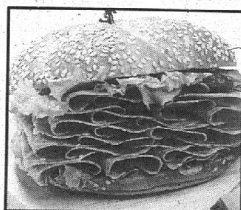
**59¢**

18-CT.  
LIMIT 3

Mr. Dell  
Hashbrowns.....

**2/\$3**

26-OZ.  
BAG



Swift  
Hard Salami

**399**

1b.



ASSORTED VARIETIES  
Fresh Bagels

**299**

12-COUNT

BAKERY, SEAFOOD &  
DELI

**Red Tag Values!**

BAKERY, SEAFOOD  
& DELI NOT AVAILABLE AT ALL  
STORES

Mickelberry  
Deli Ham.....

**399**

1b.

KITCHEN FRESH  
Ham Salad.....

**389**

1b.

FRESH BAKED  
Italian  
Bread.....

**89¢**

16-OZ.  
LOAF

CUT IN BARS

Wisconsin  
Mild Cheddar.....

**299**

1b.

Alpine Lace  
Swiss Cheese.....

**499**

1b.

FARM FRESH  
Catfish  
Nuggets.....

**179**

1b.

**Special  
Value!**

**Stock Up  
and  
SAVE!**

ALL VARIETIES

General Mills Cereal

**25% OFF**

Our Everyday Low Prices!

Red Tag Price on the Shelf  
will Reflect Reduction



**SAVE**

**EVEN MORE!**

With the Shop 'n Save Line of  
Quality Products

Shop 'n Save  
Oyster Crackers...

**69¢**

12-OZ.  
BAG

Shop 'n Save  
Noodles & Sauce...

**2/\$1**

4.5-OZ.

SQUEEZE

Shop 'n Save  
Ketchup.....

**89¢**

24-OZ.  
BTL.

CORN FLAKES

Shop 'n Save  
Cereal.....

**2/199**

18-OZ.  
BOX

Shop 'n Save  
Spread.....

**99¢**

3-LB.  
BOWL

ROUND TOP

Shop 'n Save  
White Bread.....

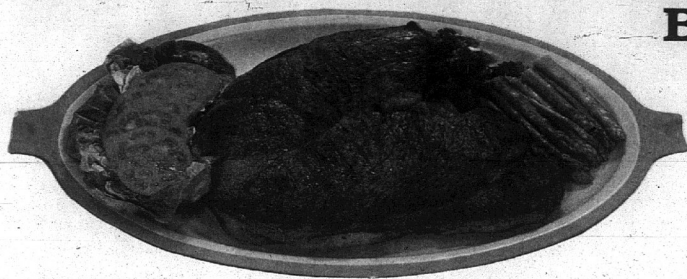
**3/\$1**

16-OZ.  
LOAF  
01033A



# The Best-For Less!

## With Total Value From Shop 'n Save!



USDA CHOICE BEEF  
Boneless Round Steak

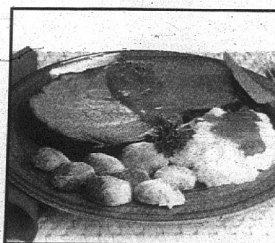
**149**  
lb.

LIMIT 3 PACKAGES WITH ADDITIONAL \$10.00 PURCHASE



USDA CHOICE BEEF  
Boneless  
Rump Roast

**189**  
lb.



USDA CHOICE BEEF, FAMILY PACK  
Boneless Sirloin  
Tip Steak

**189**  
lb.

LEAN TENDER  
Beef Cube  
Steak.....

**259**  
lb.

ALL VARIETIES  
Eckrich  
Lunchmakers.....

**99¢**  
3.75-OZ.  
PKG.

R.B. Rice  
Chili.....

**199**  
1-LB.  
ROLL

ORIGINAL  
Johnsonville  
Bratwurst.....

**259**  
lb.

BLACK LABEL  
Hormel Special  
Trim Bacon.....

**169**  
1-LB.  
PKG.

ALL VARIETIES EXCEPT BEEF  
Seitz  
Bologna.....

**139**  
1-LB.  
PKG.

Edmond's  
Tamales.....

**139**  
1-LB.  
PKG.

LITTLE SIZZLERS  
Hormel  
Pork Sausage.....

**99¢**  
12-OZ.  
PKG.

FUN PACK  
Oscar Mayer  
Lunchables.....

**179**  
11.2-12.2  
OZ. PKG.

ALL MEAT  
Ohse  
Wieners.....

**69¢**  
12-OZ.  
PKG.

Louis Rich Turkey  
Smoked Sausage....

**189**  
14-OZ.  
PKG.

MAPLE FLAVOR  
Surrey Farm  
Bacon.....

**159**  
1-LB.  
PKG.

REGULAR, POLSKA, OR LITE  
Eckrich Smoked  
Sausage.....

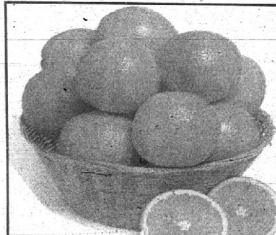
**199**  
lb.

Bob Evans  
Pork Sausage.....

**209**  
1-LB.  
ROLL

PATTIES OR NUGGETS  
Tenderbird  
Chicken.....

**2/\$4**  
10.5-OZ.  
PKG.



California  
Navel Oranges

**138**  
4 POUND  
BAG



TENDER, CALIFORNIA  
Red or Green  
Leaf Lettuce

**78¢**  
lb.

NORTHWEST  
Bartlett  
Pears.....

**78¢**  
lb.

Golden-Ripe  
Bananas.....

**48¢**  
lb.

FAT FREE  
Walden Farms  
Salad Dressings.....

**198**  
12-OZ.  
BTL.

WASHINGTON STATE X-TRA FANCY  
Red or Golden  
Delicious Apples..

**68¢**  
lb.

**5 A Day** Fruits & Vegetables  
For Better Health

Your Satisfaction  
Is Guaranteed...

# Shop 'n Save

The more you shop the more you save.

S	M	T	W	T	F	S
			3	4	5	6

PRICES GUARANTEED THRU JANUARY 6, 1996. AT ALL ST. LOUIS METRO STORES ONLY. WE RESERVE THE RIGHT TO LIMIT. NO SALES TO DEALERS. FOR LOCATIONS CALL (314) 384-0800

**DOUBLE YOUR  
MONEY BACK  
MEAT & PRODUCE  
GUARANTEE**  
WITH PROOF OF PURCHASE

01034











**320 HELP WANTED**

\*\*\*\*\*

**POLICE OFFICER**

City of Alton, IL

**REQUIREMENTS:** High School graduate or equivalent; 21 years of age; good physical and mental health; vision 20/60 correctable; 20/20 unaided; must have a driver's license; pass a stringent testing program and a background investigation; must relocate into Alton City Limits within 90 days of employment.

**BENEFITS:** \$29,101 annual starting salary. Uniform allowance, insurances, retirement.

**Applications and Information packet available Jan. 2, 1986 at or by mail addressed envelope \$7.50 postage to:**

**CIVIL SERVICE OFFICE**  
1211 Henry St.  
Haskell Park Building  
Alton, IL 62002

Mon-Fri. 8am to 5pm

**APPLICATIONS WILL NOT BE ACCEPTED AFTER 4:00 PM, FEBRUARY 2, 1986**

The City of Alton, EO  
\*\*\*\*\*

**SECURITY OFFICERS**  
**IMMEDIATE OPENINGS**

**WHELAN SECURITY** is seeking UNARMED Security Officers for assignments with industrial corporations throughout the St. Louis metropolitan area. All shifts. No experience necessary. Applicants must be at least 21 years of age, have a high school or college education, and be a reliable transportation. For an application, call or write: telephone 437-1100. Rate of pay depends upon account. Applicants should apply in person 9a-4p, Tues. through Fri.

**WHELAN SECURITY**  
1750 South Hanley Road  
(just south of Hwy 40)  
phone call collect 314-733-1100  
Equal Opportunity Employer

**ASSISTANT  
FLOOR MANAGER**

Full time immediate opening for experienced industrial sales. Time-study experience helpful but not necessary. Call Arlene Kirk at 618-345-4469 for interview.

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GREAT OPPORTUNITY**

We can offer you a opportunity to make the money you desire. We are a rapidly expanding company. We require absolutely no experience. All you need is a telephone.

communication skills and tremendous personality. We offer:

- \$8,000+ Base pay
- Commissions
- Bonuses
- Trips
- Paid training
- Flexible schedules

Call Kathy for information  
314-432-2875

**TRANSITIONAL WORK VICES TRAINER.** P training and work serv with disabled. Must be able to work hours and willing to locally. Requires High Diploma or G.E.D. Exp working with disabled wals desired but not re-

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lights,  
and  
write

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**WELDERS**  
Experienced, In AS  
Code Work.  
Apply In person:  
**CONTINENTAL  
FABRICATORS, INC.**  
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St. Louis, MO 63111  
☎☎☎

★★★★★

**330 MEDICAL  
& HEALTH CARE**  
CERTIFIED NURSING ASSISTANTS

**FOOD SERVICE SUPERVISOR**  
 Food service supervisor in long term care facility close to Collinsville and Maryville. Must be certified in food service. Excellent salary. Individual must be innovative, good supervisor, a able to work well with others. Send resume to: Personnel Department, experience as dietary supervisor in long term care facilities a plus. Send resume to: The City of Collinsville, p.o. box 9000, Granite City, IL 62040.

**LPN's** All shifts available. New starting rate. Call

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**MON-FRI**  
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**350 EMPLOYMENT**  
**INFORMATION**

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3











738-0051  
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981-2006

**WANT TO MOVE INTO...** This is the home that you will want to own your own. Ask for Jim. L6965

**OUTSIDE OF TOWN - 3** bedrooms with 1 car attached garage - sits on an acre of land in Pomona. Call Dave. L6950. Ask for Neva. L6980

**LOTS OF EXTRAS IN THIS 1** bedroom frame home. Walk in closet, oversized 1 car garage, large fenced-in yard. L7002.

**WANT OUT OF TOWN?** 1 story frame on approx. 5 acre lot. Lots of fruit trees and partially fenced, 3 bedrooms and utility room. Large garden spot. L7007

**REDUCED!** Country atmosphere. Over 1200 sq. ft. in this 3 bedroom, 2 bath home. Big living room with fireplace, garage too. Priced in the 850's. Call Bernice. L6915

**NICE 1 1/2 STORY HOME.** 3 large rooms - full bathroom, detached yard. Great income property. Ask Connie for more info. L6982

**JUST STARTING OUT** or downsizing? This home is for you. 3 bedrooms, dining room, garage, fenced yard. Low monthly payments. Call Marianne for an appointment. L7011

**INVESTORS:** 2 bedroom home with large lot. 3 lots in this Venice. Priced just at only \$6,000. Ask for Jane. L6719

**SELLER SAYS SELL!** SELL - Cute 2 bedroom with large dining area, full basement. Too. Priced under \$300. Ask Marianne for all the details. L6711

**GOOD FIXER - UPPER.** Central location. Fireplace - bathroom. Garage. Call Dore. L6719

**Jim Foley** 931-2662  
**Fred Fosco** 931-7146  
**Connie Morris** 876-6191

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